



WHATSheATE



## Ancho Pork and Hominy Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 28 ounce hominy drained canned
- ☐ 1.5 pounds pork tenderloin trimmed cut into 1/2-inch pieces
- ☐ 2.5 cups lower-sodium chicken broth fat-free

- ☐ 1 tablespoon olive oil divided
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons paprika smoked

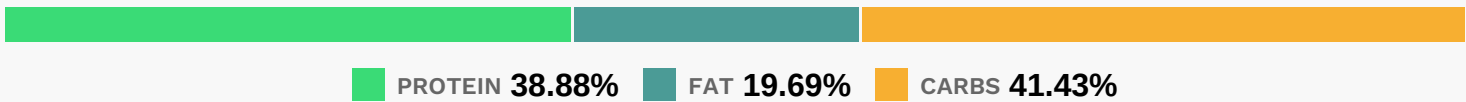
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Combine first 5 ingredients in a large bowl; set 1 1/2 teaspoons spice mixture aside.
- ☐ Add pork to remaining spice mixture in bowl, tossing well to coat.
- ☐ Heat 2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add pork mixture to pan; cook 5 minutes or until browned, stirring occasionally.
- ☐ Remove pork from pan; set aside.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add onion, bell pepper, and garlic; saut 5 minutes or until tender, stirring occasionally. Return pork to pan.
- ☐ Add reserved 1 1/2 teaspoons spice mixture, broth, hominy, and tomatoes; bring to a boil. Partially cover, reduce heat, and simmer 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:25.094348026359%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 304.21kcal (15.21%), Fat: 6.63g (10.2%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 24.55g (8.93%), Sugar: 7.44g (8.26%), Cholesterol: 73.71mg (24.57%), Sodium: 1047.48mg (45.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.45g (58.91%), Vitamin B1: 1.2mg (79.71%), Selenium: 39.97µg (57.11%), Vitamin B6: 1.13mg (56.33%), Vitamin C: 35.61mg (43.16%), Vitamin B3: 8.28mg (41.4%), Phosphorus: 363.57mg (36.36%), Vitamin A: 1466.89IU (29.34%), Fiber: 6.82g (27.29%), Vitamin B2: 0.46mg (26.93%), Zinc: 3.86mg (25.72%), Potassium: 890.59mg (25.45%), Iron: 3.61mg (20.06%), Magnesium: 69.07mg (17.27%), Manganese: 0.34mg (17.22%), Vitamin E: 2.1mg (13.98%), Vitamin B5: 1.32mg (13.16%), Vitamin K: 12.04µg (11.47%), Copper: 0.23mg (11.43%), Vitamin B12: 0.58µg (9.64%), Calcium: 81.7mg (8.17%), Folate: 17.83µg (4.46%), Vitamin D: 0.23µg (1.51%)