



Bianca's Green Chile Pork

 **Gluten Free**  **Dairy Free**



READY IN

ready

210 min.

SERVINGS

servings

10

CALORIES

calories

168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounce chile peppers green chopped canned
- ☐ 1 bunch cilantro leaves chopped
- ☐ 4 bell peppers green chopped
- ☐ 1 onion chopped
- ☐ 1.5 tablespoons oregano dried
- ☐ 3 pounds boston butt pork shoulder
- ☐ 1 tablespoon salt
- ☐ 1.3 cups cooking sherry

☐ 1 cup water

Equipment

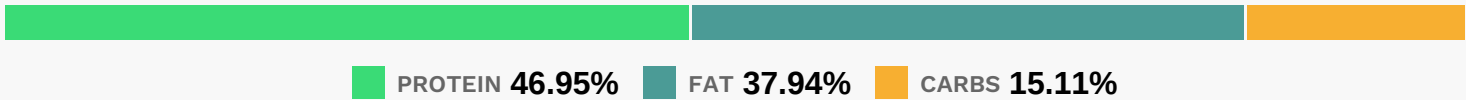
☐ frying pan

☐ dutch oven

Directions

- ☐ Cut pork into small pieces, removing as much fat as possible.
- ☐ Transfer pork to a large frying pan or Dutch oven, and cook and stir until brown.
- ☐ Stir in onion, bell peppers, chile peppers, and cilantro.
- ☐ Add water and sherry, and season with oregano and salt. Cover, and simmer for about 2 1/2 hours, or until pork is tender. Taste and adjust seasonings if necessary.

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:14.896086806836%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg, Luteolin: 2.24mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 167.71kcal (8.39%), Fat: 6.11g (9.4%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 3.8g (1.38%), Sugar: 1.93g (2.15%), Cholesterol: 55.62mg (18.54%), Sodium: 844.62mg (36.72%), Alcohol: 3.09g (100%), Alcohol %: 1.79% (100%), Protein: 17.01g (34.01%), Vitamin C: 46.77mg (56.69%), Vitamin B1: 0.77mg (51.42%), Selenium: 24.67µg (35.25%), Vitamin B6: 0.51mg (25.61%), Vitamin B3: 3.99mg (19.95%), Phosphorus: 189.46mg (18.95%), Zinc: 2.77mg (18.46%), Vitamin B2: 0.29mg (17.21%), Potassium: 439.9mg (12.57%), Vitamin B12: 0.7µg (11.62%), Vitamin K: 10.83µg (10.31%), Iron: 1.84mg (10.21%), Manganese: 0.16mg (8%), Vitamin B5:

0.78mg (7.85%), Magnesium: 29.57mg (7.39%), Fiber: 1.67g (6.7%), Copper: 0.13mg (6.41%), Folate: 24.29µg (6.07%), Vitamin A: 273.07IU (5.46%), Calcium: 42.41mg (4.24%), Vitamin E: 0.34mg (2.24%)