



Black-Eyed Pea Posole with Pork and Collard Greens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bagged loosely packed chopped
- 0.3 teaspoon pepper black
- 0.8 pound boston butt pork shoulder boneless trimmed cut into 1/2-inch cubes
- 15 ounce black-eyed peas rinsed drained canned
- 3 cups less-sodium chicken broth fat-free divided
- 0.5 cup cilantro leaves fresh chopped
- 2 garlic cloves chopped

- 2 teaspoons jalapeno finely chopped
- 6 lime wedges
- 0.5 teaspoon mexican oregano dried (such as McCormick's)
- 1 poblano pepper
- 1 cup onion red chopped
- 0.3 teaspoon salt
- 1 cup tomatillos chopped

Equipment

- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags
- dutch oven

Directions

- Preheat broiler.
- Place poblano pepper on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened and charred, turning after 6 minutes.
- Place in a heavy-duty zip-top plastic bag; seal.
- Let stand 15 minutes. Peel and discard skin; discard seeds, membrane, and stem. Coarsely chop pepper; set aside.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add pork; cook 4 minutes, browning on all sides.
- Add 1 cup broth, scraping pan to loosen browned bits. Stir in remaining 2 cups broth, chopped poblano, greens, and next 6 ingredients (through garlic). Bring to a boil; cover, reduce heat, and simmer 40 minutes or until pork is tender. Stir in peas, salt, and black pepper; simmer, uncovered for 5 minutes or until thoroughly heated.
- Serve with lime wedges.

Nutrition Facts

PROTEIN 40.26% FAT 13.3% CARBS 46.44%

Properties

Glycemic Index:40.17, Glycemic Load:5.32, Inflammation Score:-9, Nutrition Score:27.844347622084%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 200.86kcal (10.04%), Fat: 3.08g (4.73%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 16.14g (5.87%), Sugar: 5.56g (6.17%), Cholesterol: 34.02mg (11.34%), Sodium: 604.12mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.94g (41.89%), Vitamin K: 175.92µg (167.55%), Folate: 209.06µg (52.26%), Vitamin C: 42.01mg (50.92%), Vitamin A: 2127.1IU (42.54%), Vitamin B1: 0.58mg (38.66%), Manganese: 0.74mg (37.14%), Vitamin B3: 7.33mg (36.65%), Vitamin B6: 0.68mg (33.92%), Fiber: 8.03g (32.11%), Phosphorus: 288.84mg (28.88%), Selenium: 19.88µg (28.39%), Vitamin B2: 0.41mg (23.83%), Potassium: 695.19mg (19.86%), Magnesium: 75.22mg (18.8%), Iron: 3.1mg (17.24%), Copper: 0.33mg (16.68%), Zinc: 2.29mg (15.25%), Calcium: 134.8mg (13.48%), Vitamin B5: 1.23mg (12.31%), Vitamin B12: 0.72µg (12%), Vitamin E: 1.43mg (9.5%)