



Carne Adovada



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound boston butt pork shoulder boneless trimmed cut into 1 1/2-inch cubes Boston butt
- ☐ 24 new mexico chiles dried red rinsed seeded cut into 1-inch pieces
- ☐ 1 tablespoon cider vinegar
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 3 garlic cloves minced
- ☐ 1.5 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1.5 teaspoons salt

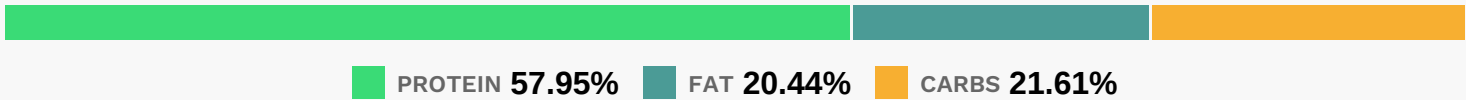
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange chiles in a single layer on a baking sheet coated with cooking spray; broil 1 minute.
- ☐ Reduce oven temperature to 30
- ☐ Place chiles, onion, and the next 5 ingredients (through chicken broth) in a blender; process until smooth.
- ☐ Combine pork and chile mixture in a 13 x 9-inch baking dish coated with cooking spray. Cover and bake at 300 for 2 1/2 hours. Uncover and bake an additional 30 minutes or until sauce is thick.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:34.635217023932%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 287.4kcal (14.37%), Fat: 6.52g (10.03%), Saturated Fat: 1.9g (11.91%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.73g (4.63%), Sugar: 8.54g (9.49%), Cholesterol: 102.06mg (34.02%), Sodium: 744.55mg

(32.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.58g (83.16%), Vitamin C: 196.58mg (238.28%), Vitamin B6: 1.97mg (98.67%), Vitamin B3: 18.35mg (91.77%), Vitamin B1: 1.21mg (80.98%), Selenium: 45.99µg (65.7%), Vitamin B2: 0.93mg (54.67%), Phosphorus: 464.34mg (46.43%), Potassium: 1148.62mg (32.82%), Vitamin B12: 1.58µg (26.32%), Vitamin A: 1294.41IU (25.89%), Zinc: 3.76mg (25.05%), Vitamin K: 22.15µg (21.09%), Vitamin B5: 2.05mg (20.49%), Magnesium: 80.51mg (20.13%), Manganese: 0.37mg (18.5%), Iron: 3.25mg (18.04%), Copper: 0.33mg (16.58%), Fiber: 2.77g (11.08%), Folate: 38.46µg (9.62%), Vitamin E: 1.17mg (7.77%), Calcium: 50.11mg (5.01%)