


100%
HEALTH SCORE

Carne con Chile

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 chili peppers fresh chopped (wear gloves)
- 5 cloves garlic divided
- 4 servings salt to taste
- 7 serrano chiles chopped (wear gloves)
- 2 pounds stew meat coarsely chopped
- 20 tomatillos fresh
- 2 large tomatoes chopped

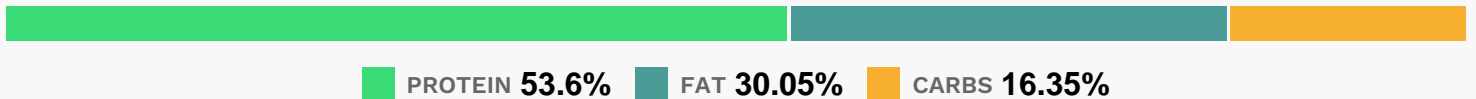
Equipment

- frying pan
- sauce pan
- blender

Directions

- Place the tomatillos, tomatoes, serrano peppers, chile de arbol peppers, and 3 whole garlic cloves into a saucepan over medium–low heat, and cool until the mixture is juicy and the peppers are tender, about 10 minutes.
- Remove and discard the garlic cloves.
- Pour the mixture into a blender, and blend until smooth, about 1 minute; set sauce aside. Mince 1 clove of garlic, or amount to taste, and mix into the sauce; season to taste with salt.
- Mince 1 more clove of garlic, and place into a skillet with the pork over medium heat. Cook covered until the pork is no longer pink and the juices run clear, stirring often, about 30 minutes.
- Pour the blended sauce over the meat, and reduce heat to a simmer; cook, stirring often, until the pork is tender, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:36.667826134226%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 401.29kcal (20.06%), Fat: 13.3g (20.47%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 11.14g (4.05%), Sugar: 10.03g (11.14%), Cholesterol: 140.61mg (46.87%), Sodium: 329.87mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.38g (106.76%), Vitamin B3: 19.31mg (96.53%), Selenium: 64.29µg (91.84%), Vitamin B6: 1.76mg (87.93%), Vitamin B12: 4.2µg (69.93%), Zinc: 10.05mg (66.98%), Phosphorus: 587.68mg (58.77%), Vitamin C: 38.63mg (46.83%), Potassium: 1515.12mg (43.29%), Iron: 6.2mg

(34.46%), Vitamin K: 29.74µg (28.32%), Vitamin A: 1381.65IU (27.63%), Vitamin B2: 0.47mg (27.49%), Magnesium: 102.79mg (25.7%), Manganese: 0.49mg (24.43%), Vitamin B1: 0.33mg (22.24%), Copper: 0.44mg (21.9%), Fiber: 5.15g (20.59%), Folate: 58.2µg (14.55%), Vitamin B5: 1.38mg (13.8%), Vitamin E: 1.93mg (12.88%), Calcium: 72.72mg (7.27%)