



## Chile Pasilla Pork & Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 slices oscar mayer bacon chopped
- 14.5 oz canned tomatoes diced undrained canned
- 1.5 oz pasilla chiles dried stemmed seeded
- 3 cup rice long-grain white hot cooked
- 1 clove garlic
- 4 green onions chopped
- 1.5 lb pork chops boneless cut into thin strips
- 1 lb potatoes red cooked cut into 1/4-inch cubes, ( 3)

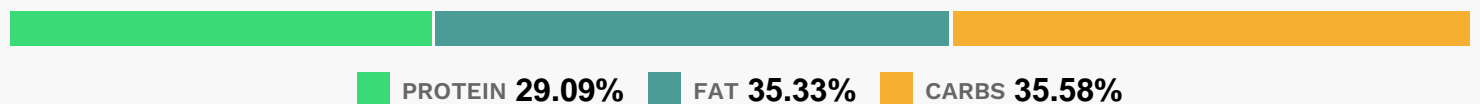
## Equipment

- frying pan
- blender
- spatula

## Directions

- Cook bacon in large skillet until crisp; drain. Set aside.
- Add chiles, 1 at a time, to skillet; cook on medium heat 20 sec. or until toasted, pressing constantly onto bottom of skillet with spatula. Turn; repeat to toast other side.
- Transfer to blender. Repeat with remaining chiles.
- Add tomatoes and garlic; blend 2 to 3 min. or until smooth.
- Add half the meat to skillet; cook on medium-high heat 2 min. or until evenly browned, stirring frequently.
- Remove from skillet. Repeat with remaining meat. Return all meat to skillet. Stir in pasilla sauce and potatoes; cover. Simmer on low heat 12 min. or until heated through, stirring occasionally.
- Top with bacon and onions.
- Serve with rice.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:3.24, Inflammation Score:-1, Nutrition Score:3.1517390932726%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 58.79kcal (2.94%), Fat: 2.28g (3.5%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 5.16g (1.72%), Net Carbohydrates: 4.81g (1.75%), Sugar: 0.43g (0.48%), Cholesterol: 12.07mg (4.02%), Sodium: 41.93mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Selenium: 6.46µg (9.23%), Vitamin B1: 0.12mg

(8.32%), Vitamin B6: 0.16mg (8.05%), Vitamin B3: 1.57mg (7.83%), Phosphorus: 51.71mg (5.17%), Vitamin C: 3.3mg (3.99%), Potassium: 135.18mg (3.86%), Manganese: 0.08mg (3.85%), Vitamin K: 2.9µg (2.76%), Zinc: 0.37mg (2.49%), Vitamin B2: 0.04mg (2.45%), Magnesium: 9.22mg (2.3%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (1.95%), Iron: 0.3mg (1.65%), Vitamin B12: 0.09µg (1.58%), Fiber: 0.35g (1.39%)