

health-score69%

HEALTH SCORE

Chile Verde

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz canned tomatoes whole canned
- ☐ 1.8 cups chicken broth
- ☐ 8 servings cilantro leaves fresh chopped
- ☐ 5 large cloves garlic minced
- ☐ 3 tablespoons ground cumin
- ☐ 8 servings lime wedges
- ☐ 3 onions cut into 1/4-inch-thick wedges 2 lb. total
- ☐ 2 tablespoons oregano leaves fresh chopped

- ☐ 1.5 pounds poblano chiles whole green stemmed peeled chopped 10 see notes
- ☐ 4 pounds boned pork shoulder cut into 2-inch cubes butt
- ☐ 8 servings salt and pepper

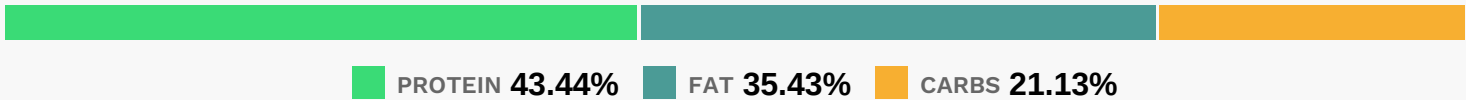
Equipment

- ☐ frying pan

Directions

- ☐ In a 6- to 8-quart pan, combine pork with 1/3 cup water. Cover and cook over medium-high heat, stirring occasionally, until meat is very juicy, 15 to 20 minutes. Uncover, increase heat to high, and cook, stirring often, until liquid is evaporated and meat is browned, 20 to 30 minutes. Lift out meat and set aside.
- ☐ Reduce heat to medium. If you have leftover pork fat in the pan, discard all but 3 tablespoons; if not, add oil.
- ☐ Add onion, garlic, and cumin; stir and cover. Cook, stirring occasionally, until onions are soft, about 8 minutes.
- ☐ Return meat and any accumulated juices to pan.
- ☐ Add tomatoes and broth. Break up tomatoes with a spoon. Bring to a simmer, then reduce heat, cover, and simmer, 60 minutes.
- ☐ Add chiles and oregano to pan. Cover and cook until pork is very tender when pierced and flavors are blended, about 15 minutes. Season to taste with salt and pepper.
- ☐ Serve topped with cilantro leaves.
- ☐ Garnish with lime to squeeze over chile.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:28.319564985192%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 273.08kcal (13.65%), Fat: 10.87g (16.72%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 14.58g (4.86%), Net Carbohydrates: 10.6g (3.86%), Sugar: 6.51g (7.23%), Cholesterol: 93.72mg (31.24%), Sodium: 640.22mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.95%), Vitamin C: 82.87mg (100.45%), Vitamin B1: 1.37mg (91.09%), Selenium: 41.77µg (59.67%), Vitamin B6: 0.97mg (48.55%), Vitamin B3: 7.37mg (36.83%), Phosphorus: 345.51mg (34.55%), Vitamin B2: 0.57mg (33.57%), Zinc: 4.87mg (32.43%), Iron: 5.06mg (28.09%), Potassium: 941.69mg (26.91%), Manganese: 0.44mg (22.17%), Vitamin B12: 1.17µg (19.54%), Vitamin K: 17.58µg (16.74%), Magnesium: 65.28mg (16.32%), Fiber: 3.98g (15.91%), Copper: 0.32mg (15.83%), Vitamin B5: 1.42mg (14.19%), Calcium: 115mg (11.5%), Vitamin A: 498.18IU (9.96%), Vitamin E: 1.33mg (8.85%), Folate: 34.58µg (8.65%)