

Chili Colorado

 Dairy Free

READY IN



115 min.

SERVINGS



2

CALORIES



1019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce tomato sauce canned
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon cumin
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup onion chopped
- ☐ 1.5 pounds fatty pork boneless cut into 1 inch cubes
- ☐ 2 servings salt and pepper black to taste

- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

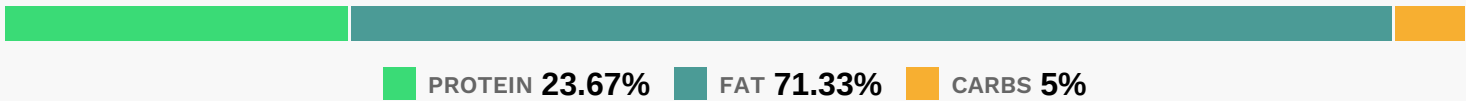
Equipment

- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Place 3 tablespoons flour in a plastic bag.
- ☐ Add pork and shake to lightly coat with flour. Set aside.
- ☐ Heat bacon drippings and vegetable oil in a Dutch oven over medium high heat.
- ☐ Add pork and cook until meat is evenly browned, about 5 to 8 minutes. Stir in 1 tablespoon flour, and cook 3 minutes. Stir in the onion, tomato sauce, chile powder, cumin, garlic powder, salt, pepper, and water. Bring to a boil, then reduce heat to medium low and simmer until pork is just falling apart, about 1-1/2 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:38.366956544959%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 1018.87kcal (50.94%), Fat: 80.48g (123.82%), Saturated Fat: 28.06g (175.39%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 8.46g (3.07%), Sugar: 3.49g (3.88%), Cholesterol: 244.94mg (81.65%), Sodium: 805mg (35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.09g (120.18%), Vitamin B1: 2.57mg (171.47%), Selenium: 87.26µg (124.66%), Vitamin B3: 16.54mg (82.72%), Vitamin B6: 1.57mg (78.42%), Phosphorus: 652.59mg (65.26%), Vitamin B2: 0.94mg (55.28%), Zinc: 8.12mg (54.13%), Vitamin A: 2654.42IU (53.09%), Vitamin B12: 2.38µg (39.69%), Potassium: 1360.83mg (38.88%), Iron: 5.85mg (32.48%), Vitamin E: 4.47mg (29.79%), Vitamin B5: 2.57mg

(25.65%), Magnesium: 95.68mg (23.92%), Vitamin K: 22.7µg (21.62%), Copper: 0.38mg (19.05%), Fiber: 4.25g (16.99%), Manganese: 0.32mg (16.16%), Calcium: 107.8mg (10.78%), Vitamin C: 7.97mg (9.66%), Folate: 35.47µg (8.87%)