



Chili Verde

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup anaheim chile seeded chopped
- 0.5 teaspoon pepper black divided
- 2 pounds boston butt pork shoulder boneless trimmed cut into 1-inch pieces (Boston butt)
- 1 teaspoon canola oil
- 6 cups rice long-grain hot cooked
- 3 cups less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves crushed

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 tablespoons jalapeno seeded chopped (1)
- 8 lime wedges
- 3 cups onion chopped (2)
- 2 teaspoons oregano dried
- 0.3 teaspoon salt
- 55 ounce tomatillos whole drained chopped canned

Equipment

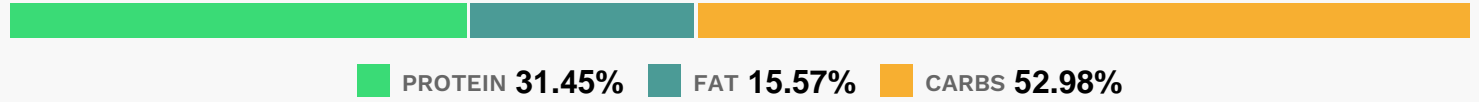
- frying pan
- sauce pan
- oven
- ziploc bags
- microwave
- dutch oven

Directions

- Preheat oven to 40
- Heat oil in a large Dutch oven over medium-high heat.
- Sprinkle salt and 1/4 teaspoon black pepper over pork.
- Add pork to pan; cook 8 minutes or until browned.
- Remove from pan.
- Add onion, chile peppers, and garlic; saut 5 minutes. Return pork to pan.
- Add remaining 1/4 teaspoon black pepper, broth, oregano, cumin, coriander, and tomatillos; bring to a boil. Cover and bake at 400 for 1 hour. Stir in cilantro. Cover and bake an additional 30 minutes or until pork is tender. Cool completely.
- Place mixture in an airtight container or heavy-duty zip-top plastic bag; freeze.

- Thaw pork mixture overnight in refrigerator. Reheat in microwave or place mixture in a large saucepan over medium heat and cook until thoroughly heated, stirring frequently.
- Serve over rice.
- Garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:37.69, Inflammation Score:-8, Nutrition Score:29.215217403744%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg, Quercetin: 12.72mg

Nutrients (% of daily need)

Calories: 405.3kcal (20.26%), Fat: 7.06g (10.86%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 47.6g (17.31%), Sugar: 11.13g (12.37%), Cholesterol: 68.04mg (22.68%), Sodium: 513.71mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Vitamin B3: 15.65mg (78.24%), Selenium: 41.6µg (59.42%), Vitamin B1: 0.89mg (59.09%), Vitamin B6: 1.16mg (58.11%), Manganese: 1.03mg (51.7%), Vitamin C: 38.27mg (46.39%), Phosphorus: 422.22mg (42.22%), Vitamin B2: 0.66mg (38.66%), Potassium: 1154.48mg (32.99%), Fiber: 6.45g (25.82%), Vitamin K: 25.97µg (24.74%), Magnesium: 94.8mg (23.7%), Zinc: 3.41mg (22.77%), Vitamin B5: 2.11mg (21.09%), Copper: 0.39mg (19.39%), Vitamin B12: 1.16µg (19.28%), Iron: 3.24mg (18.01%), Vitamin E: 1.27mg (8.44%), Folate: 33.47µg (8.37%), Calcium: 71.4mg (7.14%), Vitamin A: 318.99IU (6.38%)