

 64%
HEALTH SCORE

Chili Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



205 min.

SERVINGS



6

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chile powder green
- ☐ 0.5 cup cilantro leaves finely chopped
- ☐ 1.5 tablespoons garlic fresh pressed
- ☐ 2 pounds chiles fresh diced green
- ☐ 19 ounce enchilada sauce green canned
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon juice of lime
- ☐ 6 servings oil as needed

- ☐ 2 cups onions finely minced
- ☐ 1 teaspoon oregano dried crumbled
- ☐ 2 cups very peppers mixed fresh green finely minced
- ☐ 3.5 pounds pork sirloin cubed
- ☐ 7 ounce salsa verde hot canned
- ☐ 6 servings salt
- ☐ 32 ounces tomatillos with their liquid canned

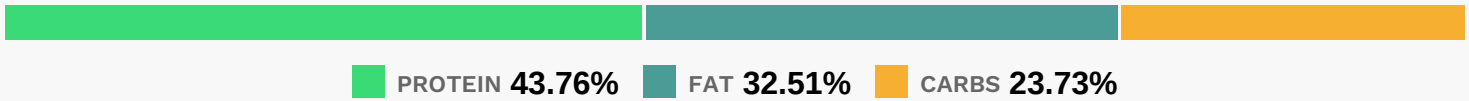
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a small bowl, combine oregano, cumin, and chile powder. In a chili pot, combine enchilada sauce, tomatillos, and salsa verde. Press tomatillos against the side of the pot to crush.
- ☐ Add the oregano mixture to the liquids.
- ☐ Heat to boiling. Reduce heat and simmer, stirring frequently.
- ☐ Brown the meat in lard or oil in batches with onions and pressed garlic.
- ☐ Drain meat and add to chili pot.
- ☐ Add diced green chiles. Return pot to simmer.
- ☐ After 2 hours, add half of finely minced green peppers.
- ☐ Add salt, as desired. Taste and adjust, adding additional minced peppers as desired. After 2 1/2 hours thicken or thin, as needed. After 2 3/4 hours, adjust salt and other seasonings as needed.
- ☐ Just before serving, add lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:48.573913201042%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg

Nutrients (% of daily need)

Calories: 605.02kcal (30.25%), Fat: 21.95g (33.78%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 25.62g (9.31%), Sugar: 17.82g (19.8%), Cholesterol: 164.05mg (54.68%), Sodium: 2015.95mg (87.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.5g (133%), Vitamin C: 117.68mg (142.64%), Vitamin B1: 1.89mg (125.79%), Vitamin B6: 2.38mg (119.16%), Vitamin B3: 23.61mg (118.03%), Selenium: 72.51µg (103.59%), Phosphorus: 736.16mg (73.62%), Vitamin B2: 1.12mg (65.78%), Potassium: 1979.78mg (56.57%), Vitamin A: 2648.15IU (52.96%), Zinc: 6.31mg (42.05%), Fiber: 10.44g (41.77%), Iron: 7.42mg (41.24%), Vitamin K: 39.67µg (37.78%), Vitamin E: 5.09mg (33.91%), Magnesium: 124.17mg (31.04%), Vitamin B5: 2.91mg (29.09%), Folate: 110.31µg (27.58%), Manganese: 0.54mg (27.11%), Vitamin B12: 1.4µg (23.37%), Copper: 0.41mg (20.52%), Calcium: 128.06mg (12.81%)