



Chili Verde



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 8 ounce chilies diced green drained canned
- ☐ 21 ounce salsa green canned
- ☐ 1 large onion diced
- ☐ 1 tablespoon garlic pepper
- ☐ 3 pounds pork picnic roast
- ☐ 3 tablespoons worcestershire sauce

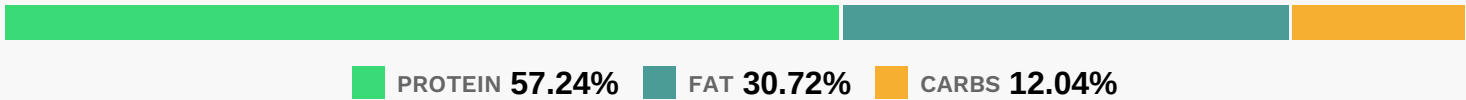
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Pour half of the Worcestershire sauce into the pan of a slow cooker, and half of the garlic pepper.
- ☐ Place the roast in the pan, and sprinkle remaining Worcestershire sauce and garlic pepper over the top.
- ☐ Add the onions, and chilies, and pour in the chicken broth. Cover, and cook on Low for 8 to 10 hours.
- ☐ When the roast is tender enough to pull apart with a fork, add the green salsa, and the beans, if desired. Continue cooking until heated through.
- ☐ Serve as soup or over chimichangas.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:16.70478251706%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 253.2kcal (12.66%), Fat: 8.25g (12.69%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.77g (2.46%), Sugar: 5.06g (5.63%), Cholesterol: 88.57mg (29.52%), Sodium: 634.95mg (27.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Selenium: 37.99µg (54.27%), Vitamin B6: 1.04mg (52.01%), Vitamin B3: 7.62mg (38.1%), Vitamin C: 30.73mg (37.25%), Vitamin B1: 0.53mg (35.07%), Phosphorus: 322.88mg (32.29%), Zinc: 2.98mg (19.89%), Potassium: 693.01mg (19.8%), Vitamin B2: 0.27mg (16.01%), Vitamin B12: 0.92µg (15.35%), Vitamin A: 554.3IU (11.09%), Magnesium: 42.31mg (10.58%), Vitamin B5: 0.9mg (9.02%), Iron: 1.52mg (8.42%), Copper: 0.12mg (6.13%), Manganese: 0.07mg (3.53%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.49µg (3.25%), Vitamin E: 0.39mg (2.63%), Calcium: 21.74mg (2.17%), Fiber: 0.51g (2.04%), Folate: 7.77µg (1.94%)