



Chili Verde

 Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



12

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce cannellini beans drained canned
- ☐ 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

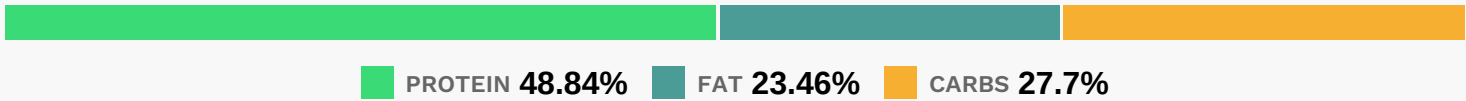
Equipment

- ☐ 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:-7, Nutrition Score:21.604347913162%

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: 336.69kcal (16.83%), Fat: 8.54g (13.13%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 18.57g (6.75%), Sugar: 5.06g (5.63%), Cholesterol: 88.57mg (29.52%), Sodium: 637.88mg (27.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.97%), Selenium: 40.99µg (58.56%), Vitamin B6: 1.12mg (55.89%), Phosphorus: 422.48mg (42.25%), Vitamin B1: 0.63mg (42.05%), Vitamin B3: 7.96mg (39.79%), Vitamin C: 31.68mg (38.4%), Potassium: 950.07mg (27.14%), Zinc: 3.46mg (23.07%), Magnesium: 79.66mg (19.91%), Vitamin B2: 0.32mg (18.6%), Manganese: 0.37mg (18.47%), Folate: 67.09µg (16.77%), Fiber: 4.1g (16.39%), Vitamin B12: 0.92µg (15.35%), Iron: 2.66mg (14.81%), Copper: 0.24mg (11.99%), Vitamin A: 554.3IU (11.09%), Vitamin B5:

1.11mg (11.06%), Calcium: 60.56mg (6.06%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.49µg (3.25%), Vitamin E: 0.39mg (2.63%)