

 62%
HEALTH SCORE

Green Chile-Pork Pozole



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound pork loin diced boneless lean
- ☐ 0.3 cup celery diced
- ☐ 2.8 cups chicken stock see
- ☐ 2 teaspoons chili powder dark
- ☐ 2 teaspoons cumin seeds
- ☐ 2 tablespoons cilantro leaves fresh divided chopped
- ☐ 2.5 teaspoons garlic chopped
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 cup hominy canned drained (or corn)
- ☐ 1.3 teaspoons olive oil
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup poblano pepper diced green
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 3 ounces tomatillos diced canned

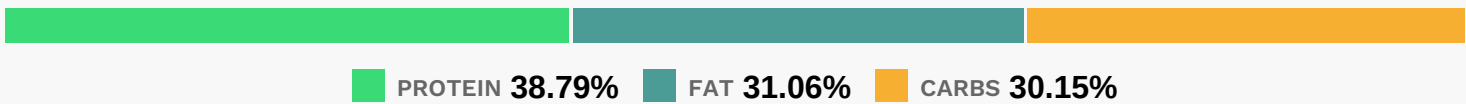
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large pan over medium-high heat. Sauté onion, celery, 1 tbsp cilantro and garlic in pan until onion softens, about 3 minutes.
- ☐ Add pork; cook, stirring, until meat is browned on the outside, 10 minutes.
- ☐ Add hominy, poblanos, tomatillos, cumin, chili powder, stock and coriander, if desired; season with salt and pepper. Cover; simmer until pork is tender and white, 45 minutes. Stir in remaining 1 tablespoon cilantro; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:26.266086806422%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 379.21kcal (18.96%), Fat: 13.09g (20.14%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 24.84g (9.03%), Sugar: 9.87g (10.97%), Cholesterol: 81.34mg (27.11%), Sodium: 639.23mg (27.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.57%), Vitamin B3: 13.45mg (67.25%), Vitamin B6: 1.32mg (66%), Selenium: 40.45µg (57.78%), Vitamin C: 41.23mg (49.97%), Vitamin B1: 0.71mg (47.49%), Phosphorus: 424.44mg (42.44%), Potassium: 1190.39mg (34.01%), Vitamin B2: 0.57mg (33.8%), Iron: 3.82mg (21.21%), Zinc: 3.11mg (20.73%), Manganese: 0.4mg (20.04%), Magnesium: 79.24mg (19.81%), Copper: 0.39mg (19.72%), Vitamin A: 899.97IU (18%), Vitamin K: 16.76µg (15.97%), Fiber: 3.76g (15.05%), Vitamin E: 1.79mg (11.94%), Folate: 47.36µg (11.84%), Vitamin B5: 1.07mg (10.7%), Vitamin B12: 0.58µg (9.64%), Calcium: 77.11mg (7.71%), Vitamin D: 0.45µg (3.02%)