



Green Chile Stew



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds pork shoulder boneless
- ☐ 1 cup onion chopped
- ☐ 3 garlic clove finely chopped
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups chicken broth (from 32-ounce carton)
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon juniper berries dried crushed
- ☐ 0.8 teaspoon pepper

- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup water
- ☐ 4 medium poblano pepper peeled seeded cut into 2x1/4-inch strips
- ☐ 2 tablespoons lemon zest grated

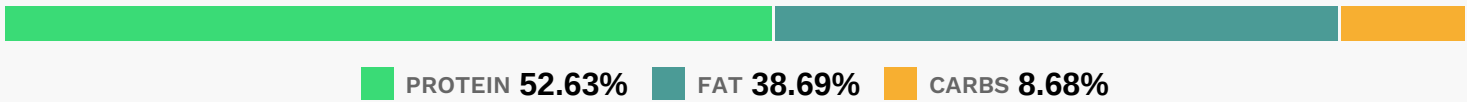
Equipment

- ☐ dutch oven

Directions

- ☐ Trim excess fat from lamb; cut lamb into 1-inch cubes.
- ☐ Cook and stir lamb, onion and garlic in oil in Dutch oven until lamb is no longer pink; drain.
- ☐ Stir in broth, salt, juniper berries and pepper.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 1 hour, stirring occasionally, until lamb is tender.
- ☐ Shake flour and water in tightly covered container; stir into lamb mixture.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chilies.
- ☐ Sprinkle each serving with lemon peel.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:44.644347750622%

Flavonoids

Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg, Quercetin: 10.79mg

Nutrients (% of daily need)

Calories: 615.52kcal (30.78%), Fat: 25.93g (39.89%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 9.87g (3.59%), Sugar: 5.21g (5.79%), Cholesterol: 206.47mg (68.82%), Sodium:

1207.58mg (52.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.37g (158.73%), Vitamin B3: 33.68mg (168.42%), Vitamin B1: 2.33mg (155.11%), Vitamin B6: 2.81mg (140.29%), Selenium: 89.44µg (127.77%), Vitamin C: 103.21mg (125.1%), Vitamin B2: 1.71mg (100.6%), Phosphorus: 825.56mg (82.56%), Vitamin B12: 2.98µg (49.72%), Zinc: 6.99mg (46.62%), Potassium: 1594.67mg (45.56%), Vitamin B5: 3.55mg (35.55%), Vitamin K: 34.68µg (33.03%), Magnesium: 107.75mg (26.94%), Iron: 3.79mg (21.07%), Manganese: 0.4mg (19.91%), Copper: 0.39mg (19.52%), Fiber: 3.21g (12.85%), Vitamin E: 1.9mg (12.64%), Vitamin A: 447.2IU (8.94%), Calcium: 60.45mg (6.05%), Folate: 23.45µg (5.86%)