

# Green Chili Stew

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounces tomatoes diced undrained canned
- 2 tablespoons canola oil
- 0.3 cup flour all-purpose
- 6 servings cilantro leaves fresh minced
- 2 garlic clove minced
- 8 ounces to 2 chilies slit green chopped canned
- 1 large onion chopped
- 0.3 teaspoon pepper

- 2 pounds fatty pork boneless cut into 1-1/2-inch cubes
- 0.5 teaspoon salt
- 1 cup water

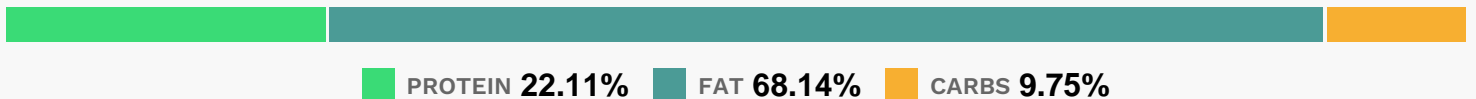
## Equipment

- ziploc bags
- pressure cooker

## Directions

- In a large resealable plastic bag, combine the flour, salt and pepper.
- Add pork, a few pieces at a time, and shake to coat.
- In a pressure cooker over medium heat, brown pork in oil.
- Add onion and garlic; cook and stir for 3 minutes.
- Add the tomatoes, water and chilies.
- Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 8 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)
- Remove from the heat. Immediately cool according to manufacturer's directions until pressure is completely reduced.
- Sprinkle with cilantro if desired.

## Nutrition Facts



## Properties

Glycemic Index:32.67, Glycemic Load:3.49, Inflammation Score:-4, Nutrition Score:18.452608808227%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.48mg, Quercetin: 5.48mg,

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## Nutrients (% of daily need)

Calories: 491.03kcal (24.55%), Fat: 36.88g (56.73%), Saturated Fat: 12.28g (76.72%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 9.35g (3.4%), Sugar: 3.92g (4.35%), Cholesterol: 108.86mg (36.29%), Sodium: 502.23mg (21.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.85%), Vitamin B1: 1.19mg (79.4%), Selenium: 39.3µg (56.14%), Vitamin B3: 7.38mg (36.88%), Vitamin B6: 0.7mg (34.88%), Phosphorus: 291.75mg (29.17%), Vitamin B2: 0.43mg (25.03%), Zinc: 3.52mg (23.44%), Vitamin B12: 1.06µg (17.64%), Potassium: 606.05mg (17.32%), Vitamin C: 13.94mg (16.89%), Iron: 2.29mg (12.75%), Vitamin B5: 1.15mg (11.49%), Magnesium: 40.47mg (10.12%), Fiber: 2.52g (10.08%), Vitamin E: 1.28mg (8.53%), Manganese: 0.16mg (8.1%), Copper: 0.14mg (7.09%), Folate: 27.24µg (6.81%), Vitamin K: 5.82µg (5.55%), Calcium: 51.75mg (5.18%), Vitamin A: 95.77IU (1.92%)