

Green Chili Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 stalks celery chopped
- ☐ 2 tablespoons chili powder
- ☐ 14 ounce chiles diced green canned
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 pounds pork neck bones
- ☐ 2 pounds potatoes cubed
- ☐ 28 ounces stewed tomatoes chopped
- ☐ 1 large onion sweet cubed

☐ 4 cups water

Equipment

☐ oven

☐ pot

☐ roasting pan

Directions

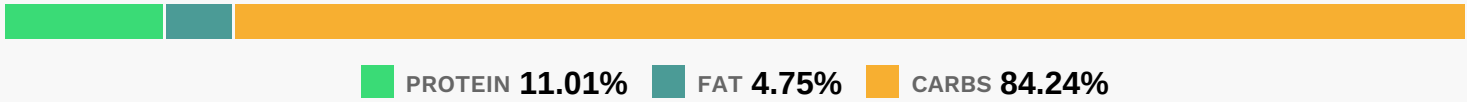
☐ Preheat oven to 400 degrees F (200 degrees C).

☐ Place bones into a heavy roasting pan and add enough water to cover bottom of pan. Cover pan with a tight fitting lid and cook until browned. You may need to add more water while it is cooking so be sure to check.

☐ In a large stock pot, combine browned boned, chilies, potatoes, tomatoes, onion, celery, cumin, chili pepper and liquid. Simmer for 5 to 6 hours.

☐ Remove bones from soup, remove any meat, and place meat back into soup. Once vegetables are tender, serve.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:19.43, Inflammation Score:-8, Nutrition Score:18.424347690914%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 193.93kcal (9.7%), Fat: 1.1g (1.69%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 43.88g (14.63%), Net Carbohydrates: 36.32g (13.21%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 636.65mg (27.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Vitamin C: 66.17mg (80.21%), Vitamin B6:

0.69mg (34.59%), Potassium: 1160.75mg (33.16%), Fiber: 7.55g (30.21%), Iron: 4.68mg (26.03%), Vitamin A: 1199.18IU (23.98%), Folate: 87.2µg (21.8%), Manganese: 0.43mg (21.42%), Copper: 0.4mg (20.21%), Vitamin B3: 3.41mg (17.07%), Magnesium: 67.23mg (16.81%), Phosphorus: 149.28mg (14.93%), Vitamin B1: 0.22mg (14.93%), Vitamin E: 2.21mg (14.71%), Vitamin K: 14.91µg (14.2%), Calcium: 122.61mg (12.26%), Vitamin B2: 0.16mg (9.6%), Vitamin B5: 0.78mg (7.81%), Zinc: 0.97mg (6.45%), Selenium: 2.36µg (3.38%)