



Green Chili with Pork

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves fresh finely chopped
- 2 garlic clove peeled smashed
- 0.5 teaspoon ground cumin
- 1 lb ground pork
- 14 oz hominy white rinsed drained canned (also called pozole)
- 6 inch jalapeno fresh stemmed quartered
- 14 fl. oz. chicken broth reduced-sodium
- 4 servings pecorino green hulled crumbled toasted

- 0.3 teaspoon salt
- 0.3 cup vegetable oil
- 1 medium onion white quartered

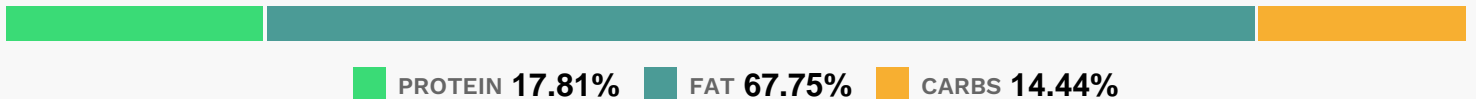
Equipment

- bowl
- pot
- blender
- slotted spoon

Directions

- Purée onion, chiles, and garlic with 1/2 cup chicken broth in a blender.
- Heat 1 tablespoon oil in a 4-quart heavy pot over moderately high heat until hot but not smoking, then brown pork, stirring and breaking up clumps with a fork, just until no longer pink, about 4 minutes.
- Transfer to a bowl with a slotted spoon.
- Pour off all but 1 tablespoon fat from pot.
- Add remaining 3 tablespoons oil to pot and heat over moderately high heat until hot, then carefully add purée (it will spatter), cumin, and salt. Cook, stirring frequently, until mixture is thickened and most of liquid is evaporated, about 10 minutes.
- Add pork, hominy, cilantro, and remaining 1 1/4 cups broth and simmer gently, uncovered, stirring occasionally, 10 minutes.
- Serve chili sprinkled with pumpkin seeds and cheese.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:16.537391165433%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 524.01kcal (26.2%), Fat: 39.39g (60.6%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 18.89g (6.3%), Net Carbohydrates: 15.74g (5.73%), Sugar: 3.3g (3.66%), Cholesterol: 82.16mg (27.39%), Sodium: 585.56mg (25.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Vitamin B1: 0.85mg (56.85%), Selenium: 31.41µg (44.87%), Vitamin B3: 6.49mg (32.44%), Vitamin K: 30.25µg (28.81%), Phosphorus: 278.95mg (27.9%), Vitamin B6: 0.52mg (26.03%), Zinc: 3.74mg (24.93%), Vitamin B2: 0.32mg (18.83%), Vitamin B12: 0.9µg (15.01%), Potassium: 491.5mg (14.04%), Fiber: 3.15g (12.6%), Iron: 2.12mg (11.78%), Magnesium: 43.53mg (10.88%), Vitamin C: 8.19mg (9.93%), Vitamin B5: 0.97mg (9.75%), Vitamin E: 1.35mg (9%), Manganese: 0.16mg (7.97%), Copper: 0.16mg (7.8%), Calcium: 44.82mg (4.48%), Folate: 13.93µg (3.48%), Vitamin A: 148.29IU (2.97%)