



Green Enchilada Pork Chili

READY IN



60 min.

SERVINGS



64

CALORIES



39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 0.5 cup flour all-purpose
- 0.5 bunch cilantro leaves fresh chopped
- 3 cloves garlic minced
- 28 ounce enchilada sauce green canned
- 7 ounce salsa green canned
- 0.3 teaspoon ground pepper
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper black

- 1 pound ground pork
- 2 jalapeño peppers fresh
- 0.5 juice of lime juiced
- 1 teaspoon kosher salt
- 4 tablespoons olive oil divided
- 0.5 teaspoon paprika sweet
- 1 quart water
- 1 medium onion diced white

Equipment

- whisk
- pot

Directions

- In a 4 quart pot, heat 2 tablespoons olive oil over medium heat.
- Add the jalapenos and saute for 1 minute. Stir in the ground pork and cook until evenly brown.
- Remove the browned pork and jalapenos from the pot and set aside.
- In the same pot used to cook the meat, add the remaining 2 tablespoons olive oil, butter, and onion. Cook for 2 minutes or until the onion starts to soften. Stir in the salt, cumin, paprika, cayenne, and black pepper and cook until the onion is soft.
- Mix in the garlic and cook for 1 minute.
- Reduce the heat to low.
- Sprinkle the flour over the onion and garlic. Cook, stirring for three minutes. Slowly pour the enchilada sauce into the onion mixture, whisking constantly to prevent lumps from forming.
- Mix in the green salsa and water.
- Return the cooked pork and jalapenos to the pot. Increase the heat to medium and slowly bring the soup to a boil. When the soup boils, reduce the heat and simmer for 30 minutes. Before serving remove from heat and stir in chopped cilantro and lime juice.

Nutrition Facts



■ PROTEIN 15.94% ■ FAT 60.83% ■ CARBS 23.23%

Properties

Glycemic Index:5.16, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:1.2117391319379%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 39.16kcal (1.96%), Fat: 2.62g (4.04%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.96g (0.71%), Sugar: 1.12g (1.25%), Cholesterol: 5.57mg (1.86%), Sodium: 172.49mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin B1: 0.06mg (4.07%), Selenium: 2.11µg (3.02%), Vitamin A: 128.36IU (2.57%), Vitamin B3: 0.38mg (1.89%), Vitamin B6: 0.03mg (1.7%), Phosphorus: 14.56mg (1.46%), Vitamin C: 1.2mg (1.45%), Vitamin B2: 0.02mg (1.35%), Fiber: 0.3g (1.18%), Iron: 0.21mg (1.17%), Zinc: 0.17mg (1.15%), Vitamin E: 0.16mg (1.05%)