



Green Tomato Chile Verde

 Dairy Free  Very Healthy

READY IN



405 min.

SERVINGS



8

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings corn tortillas warmed
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups cilantro leaves fresh chopped
- ☐ 5 garlic clove
- ☐ 6 medium size tomatoes green divided
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon pepper

- ☐ 4 poblano pepper divided seeded
- ☐ 5 lb pork shoulder boneless (Boston butt)
- ☐ 8 servings tomatoes green
- ☐ 1 teaspoon salt
- ☐ 0.5 cup onion sweet chopped
- ☐ 0.5 cup water hot

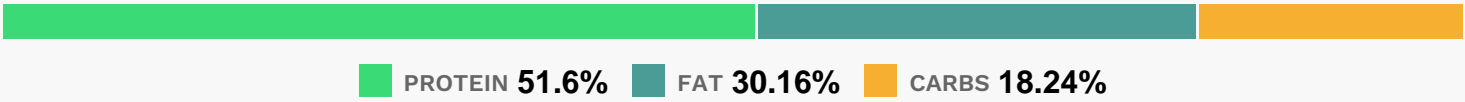
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Chop 3 tomatoes and 1 poblano pepper, and place in a large bowl. Stir in cilantro and next 3 ingredients. Process mixture, in 2 batches, in a blender or food processor until smooth.
- ☐ Coarsely chop remaining tomatoes and peppers, and place in a 6-qt. slow cooker.
- ☐ Trim and discard fat from pork.
- ☐ Cut pork into 2-inch cubes.
- ☐ Combine pork and next 3 ingredients in a large bowl, and toss to coat.
- ☐ Sprinkle with flour, and toss to coat.
- ☐ Cook pork, in batches, in hot oil in a large skillet over medium-high heat, turning occasionally, 10 to 12 minutes or until golden brown.
- ☐ Place pork over tomato mixture in slow cooker.
- ☐ Pour pureed tomato mixture over pork.
- ☐ Cover and cook on LOW 6 to 7 hours or until pork is tender. Season with salt and pepper.
- ☐ Serve chile verde with tortillas and Green Tomato Salsa.

Nutrition Facts



Properties

Glycemic Index:29.31, Glycemic Load:7.58, Inflammation Score:-8, Nutrition Score:43.04260877941%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 533.14kcal (26.66%), Fat: 17.61g (27.09%), Saturated Fat: 4.17g (26.09%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 19.85g (7.22%), Sugar: 5.96g (6.62%), Cholesterol: 170.1mg (56.7%), Sodium: 473.72mg (20.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.79g (135.59%), Vitamin B3: 28.68mg (143.4%), Vitamin B1: 1.99mg (132.45%), Vitamin B6: 2.36mg (117.9%), Selenium: 76.81µg (109.72%), Vitamin C: 71.57mg (86.75%), Vitamin B2: 1.42mg (83.5%), Phosphorus: 782.97mg (78.3%), Potassium: 1465.95mg (41.88%), Vitamin B12: 2.47µg (41.11%), Zinc: 6.12mg (40.78%), Vitamin B5: 3.4mg (33.96%), Magnesium: 113.12mg (28.28%), Vitamin K: 27.69µg (26.38%), Iron: 4.21mg (23.39%), Manganese: 0.42mg (20.9%), Copper: 0.41mg (20.63%), Vitamin A: 1029.76IU (20.6%), Fiber: 4.11g (16.44%), Vitamin E: 1.95mg (12.97%), Calcium: 73.42mg (7.34%), Folate: 27.1µg (6.77%)