



 **58%**
HEALTH SCORE

Mexican Pork Chili

 **Gluten Free**

READY IN



170 min.

SERVINGS



8

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 3 pounds boston butt pork shoulder boneless
- 1 big bunch cilantro fresh
- 1 tablespoon fennel seeds toasted
- 4 garlic cloves peeled
- 3 tablespoons ground cumin
- 8 servings kosher salt and pepper black freshly ground
- 8 servings lime zest with lime zest store-bought

- 2 limes cut into 8 wedges
- 2 limes halved
- 1 quart chicken stock see low-sodium
- 1 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- 8 servings olive oil extra-virgin
- 3 poblanos
- 8 servings queso fresco crumbled
- 8 servings radishes shaved
- 15 tomatillos whole husked
- 8 servings fried tortilla strips fresh crispy cut into strips and deep fried in vegetable oil
- 2 onions white quartered

Equipment

- oven
- whisk
- blender
- aluminum foil
- dutch oven

Directions

- Preheat oven to 325 degrees F.
- Season the pork shoulder with salt, pepper, fennel and cumin. Take a large roasting dish and place over medium-high heat.
- Add a 3-count of olive oil and sear pork shoulder all over until golden brown on the outside, 3 to 4 minutes per side.
- Add vegetables, spreading out tomatillos, poblanos, onion, garlic and bay leaf around the seared pork shoulder.
- Drizzle with olive oil, squeeze lime juice all over and season with salt and pepper. Cover the whole tray with aluminum foil and roast in the oven for 2 to 2 1/2 hours until the pork is falling

apart.

- Remove from oven, set the pork aside and pull apart. Rake all the other ingredients into a blender (a bit at a time) with the bunch of fresh cilantro and process until smooth.
- Pour into a large Dutch oven. Set over medium heat and add chicken stock. Bring to a simmer and whisk in masa harina to thicken the sauce up. Fold in shredded pork shoulder and season with salt and pepper to finish.
- Serve with Chili bar toppings.

Nutrition Facts

PROTEIN 34.29% **FAT 43.23%** **CARBS 22.48%**

Properties

Glycemic Index:29, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:36.684782264025%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 517.96kcal (25.9%), Fat: 25.34g (38.99%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 23.83g (8.67%), Sugar: 7.1g (7.89%), Cholesterol: 110.7mg (36.9%), Sodium: 232.56mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.24g (90.47%), Vitamin B3: 21.17mg (105.86%), Vitamin B1: 1.41mg (94.09%), Vitamin C: 64.58mg (78.27%), Vitamin B6: 1.57mg (78.27%), Selenium: 47.35µg (67.64%), Vitamin B2: 1.03mg (60.4%), Phosphorus: 536.22mg (53.62%), Potassium: 1303.66mg (37.25%), Iron: 5.59mg (31.06%), Zinc: 4.32mg (28.79%), Vitamin B12: 1.61µg (26.92%), Magnesium: 98.42mg (24.61%), Manganese: 0.48mg (24.09%), Fiber: 5.82g (23.27%), Vitamin B5: 2.06mg (20.55%), Copper: 0.39mg (19.54%), Vitamin K: 20.33µg (19.36%), Vitamin E: 2.73mg (18.17%), Folate: 61.65µg (15.41%), Calcium: 139.97mg (14%), Vitamin A: 413.12IU (8.26%)