



Mole Pork



Gluten Free



Dairy Free

READY IN



225 min.

SERVINGS



10

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 1 tablespoon chipotle chili canned chopped
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.5 lb onion peeled chopped
- ☐ 0.5 oz pasilla chili dried
- ☐ 0.5 lb firm-ripe tomato cored rinsed chopped
- ☐ 2 cups sacramento tomato juice
- ☐ 4 lb boned

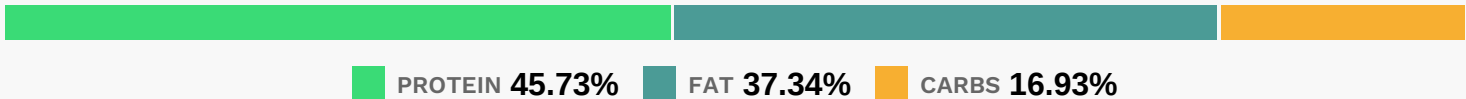
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Rinse pork and put in a 5- to 6-quart pan.
- ☐ Add onion, tomato, tomato juice, broth, and brown sugar. Rinse dried chili, break off stem, and shake seeds from pod.
- ☐ Add dried chili and chipotle chili to pan.
- ☐ Cover and bring to a boil over high heat; reduce heat to low and simmer until meat is very tender when pierced, 3 to 3 1/2 hours, occasionally pushing meat aside and stirring sauce to be sure it's not sticking.
- ☐ Supporting meat with 2 slotted spoons, transfer to an 8- or 9-inch-wide pan, fat up.
- ☐ Bake meat in a 350° oven until very well browned, 30 to 40 minutes.
- ☐ Cut and discard string. With 2 forks, tear meat into large chunks; keep warm.
- ☐ Meanwhile, skim and discard fat from meat juices. Boil juices over high heat until reduced to 3 cups, about 30 minutes. Whirl, a portion at a time, in a blender until smooth.
- ☐ Put pork in a bowl; pour sauce over meat.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:16.715652014898%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 201.14kcal (10.06%), Fat: 8.26g (12.7%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.04g (2.56%), Sugar: 5.75g (6.39%), Cholesterol: 74.15mg (24.72%), Sodium: 185.81mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.51%), Vitamin B1: 1.02mg (68.27%), Selenium: 33.48µg (47.83%), Vitamin B6: 0.62mg (31.14%), Vitamin B3: 5.45mg (27.25%), Phosphorus: 250.71mg (25.07%), Vitamin B2: 0.42mg (24.89%), Zinc: 3.65mg (24.34%), Vitamin A: 921.68IU (18.43%), Vitamin C: 14.66mg (17.76%), Potassium: 617.06mg (17.63%), Vitamin B12: 0.98µg (16.25%), Vitamin B5: 1.13mg (11.32%), Iron: 1.89mg (10.51%), Magnesium: 35.64mg (8.91%), Copper: 0.17mg (8.53%), Manganese: 0.13mg (6.44%), Folate: 25.63µg (6.41%), Fiber: 1.38g (5.53%), Calcium: 32.11mg (3.21%), Vitamin K: 3µg (2.86%), Vitamin E: 0.28mg (1.88%)