



HEALTH SCORE

52%

Mole Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 6 servings cilantro sprigs
- ☐ 0.5 cup fennel bulb fresh chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 8 cloves garlic peeled
- ☐ 1 cup lima beans *soaked overnight frozen
- ☐ 0.3 cup masa
- ☐ 2 onions quartered ()

- ☐ 0.5 cup parsley chopped
- ☐ 2 pounds baked pork tenderloin thinly sliced
- ☐ 6 servings salt and pepper
- ☐ 2 serrano chilies fresh stemmed (1 oz. total)
- ☐ 1.8 pounds tomatillos husked rinsed

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ In a 5- to 6-quart pan, combine tomatillos, onions, lima beans, garlic, chilies, and 3 1/2 cups water.
- ☐ Bring to a boil over high heat; reduce heat, cover, and simmer until vegetables are tender when pierced, about 20 minutes.
- ☐ Drain, reserving cooking liquid.
- ☐ Whirl vegetable mixture in a food processor or blender until smooth. (If desired, chill pure and liquid airtight up to 1 day.)
- ☐ Return pure to pan. Cook, uncovered, over medium heat, stirring often, until pure is as thick as catsup, about 15 minutes.
- ☐ With a fork, blend prepared masa with 1 cup reserved cooking liquid; add to pure.
- ☐ Whirl fennel, cilantro, parsley, and epazote with broth in a food processor or blender; add mixture to cooked sauce.
- ☐ Heat just until hot.
- ☐ Ladle 3/4 cup sauce onto each dinner plate; lay pork slices in sauce and garnish with parsley. Season with salt and pepper to taste. Accompany with remaining sauce.

Nutrition Facts



 **PROTEIN 47.89%**  **FAT 21.1%**  **CARBS 31.01%**

Properties

Glycemic Index:38.25, Glycemic Load:2.69, Inflammation Score:-8, Nutrition Score:34.092174094656%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 304.19kcal (15.21%), Fat: 7.16g (11.02%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 17.46g (6.35%), Sugar: 8.12g (9.02%), Cholesterol: 98.28mg (32.76%), Sodium: 358.58mg (15.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.13%), Vitamin B1: 1.7mg (113.05%), Vitamin K: 105.44µg (100.41%), Vitamin B6: 1.42mg (70.97%), Selenium: 49.52µg (70.74%), Vitamin B3: 13.43mg (67.15%), Phosphorus: 491.32mg (49.13%), Vitamin B2: 0.64mg (37.7%), Potassium: 1272.13mg (36.35%), Vitamin C: 28.25mg (34.24%), Manganese: 0.55mg (27.74%), Fiber: 6.22g (24.89%), Zinc: 3.69mg (24.61%), Magnesium: 94.79mg (23.7%), Iron: 3.98mg (22.1%), Copper: 0.37mg (18.29%), Vitamin B5: 1.73mg (17.27%), Folate: 63.59µg (15.9%), Vitamin A: 711.48IU (14.23%), Vitamin B12: 0.8µg (13.34%), Vitamin E: 1.03mg (6.88%), Calcium: 58.75mg (5.87%), Vitamin D: 0.45µg (3.02%)