



New Mexican Chile Verde

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds anaheim chiles halved seeded
- ☐ 1.3 pounds pork loin boneless cut into 3/4-inch pieces
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 15.5 ounce hominy white drained canned
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 cups onion chopped 2 medium
- ☐ 1 teaspoon oregano dried

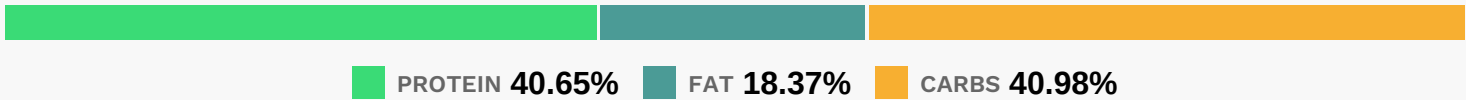
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil 8 minutes or until blackened, turning after 4 minutes. Peel and chop.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, pork, and garlic to pan; saut minutes or until pork is browned.
- ☐ Add chopped chiles, chicken broth, oregano, and salt; bring to a boil. Cover, reduce heat, and simmer 1 hour or until pork is tender. Stir in hominy; cook 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:14.186956484681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 234.07kcal (11.7%), Fat: 4.68g (7.2%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 16.86g (6.13%), Sugar: 7.5g (8.34%), Cholesterol: 59.53mg (19.84%), Sodium: 1279.05mg (55.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Selenium: 30.39µg (43.42%), Vitamin B6: 0.8mg (40.07%), Vitamin B1: 0.45mg (30.15%), Vitamin B3: 5.96mg (29.78%), Fiber: 6.63g (26.53%), Phosphorus: 263.3mg (26.33%), Vitamin C: 17.72mg (21.48%), Zinc: 2.59mg (17.28%), Potassium: 466.85mg (13.34%), Vitamin B2: 0.21mg (12.57%), Magnesium: 43.41mg (10.85%), Vitamin B12: 0.63µg (10.55%), Vitamin B5: 0.98mg (9.79%), Manganese: 0.16mg (8.04%), Iron: 1.32mg (7.31%), Copper: 0.12mg (5.79%), Calcium: 33.75mg (3.38%), Folate: 12.43µg (3.11%), Vitamin D: 0.38µg (2.52%), Vitamin K: 2.44µg (2.32%), Vitamin E: 0.23mg (1.54%)