



New Mexican Pork Chili

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup anaheim chiles seeded coarsely chopped (3 chiles)
- 10.5 ounce beef broth canned
- 14.5 ounce canned tomatoes undrained canned
- 2 tablespoons chili powder
- 1 tablespoon chipotle chile in adobo sauce canned drained chopped
- 0.8 cup pinto beans dried
- 0.5 cup cilantro leaves fresh chopped
- 6 garlic cloves chopped

- 1 tablespoon ground cumin
- 2 cups onion coarsely chopped
- 2 pound boned pork loin roast cut into 1-inch cubes
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour
- 0.5 cup tomatoes chopped
- 2 teaspoons vegetable oil
- 1.5 cups water

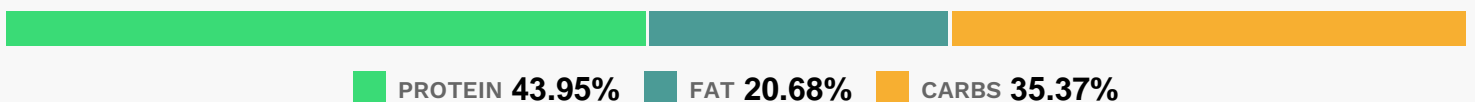
Equipment

- bowl
- ladle
- pressure cooker

Directions

- Trim fat from pork.
- Heat oil in a 6-quart pressure cooker over medium heat.
- Add pork; sprinkle with chili powder, cumin, and salt. Saut 5 minutes.
- Add onion and garlic; saut 2 minutes. Stir in water, Anaheim chiles, beans, chipotle chile, stewed tomatoes, and broth. Close lid securely; bring to high pressure over high heat (about 3 minutes). Adjust heat to medium or level needed to maintain high pressure, and cook 40 minutes.
- Place pressure cooker under cold running water.
- Remove lid; skim fat from surface. Stir in cilantro. Ladle the soup into each of 8 bowls; top each serving with sour cream and chopped tomato.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:23.534347928089%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 291.05kcal (14.55%), Fat: 6.7g (10.32%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 19.23g (6.99%), Sugar: 5.94g (6.6%), Cholesterol: 72.73mg (24.24%), Sodium: 567.28mg (24.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.13%), Vitamin B6: 1.16mg (57.78%), Selenium: 38.77µg (55.38%), Vitamin B1: 0.71mg (47.54%), Vitamin B3: 8.05mg (40.25%), Phosphorus: 391.95mg (39.19%), Potassium: 1012.49mg (28.93%), Folate: 114.32µg (28.58%), Fiber: 6.59g (26.34%), Manganese: 0.48mg (23.84%), Magnesium: 85.81mg (21.45%), Vitamin B2: 0.34mg (20.26%), Zinc: 2.91mg (19.37%), Copper: 0.39mg (19.37%), Iron: 3.32mg (18.42%), Vitamin A: 895.81IU (17.92%), Vitamin C: 14.7mg (17.81%), Vitamin B5: 1.23mg (12.31%), Vitamin E: 1.79mg (11.95%), Vitamin K: 11.99µg (11.42%), Vitamin B12: 0.65µg (10.79%), Calcium: 93.66mg (9.37%), Vitamin D: 0.45µg (3.02%)