



Pork and Garbanzo Bean Chili

 Gluten Free

READY IN



114 min.

SERVINGS



10

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup avocado diced peeled
- 0.3 teaspoon pepper black
- 2.5 pounds pork loin boneless lean trimmed cut into bite-sized pieces
- 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- 9 ounce chiles green drained chopped canned
- 14.5 ounce canned tomatoes whole canned
- 2 tablespoons chili powder
- 1 teaspoon garlic minced

- 1 tablespoon ground cumin
- 15.5 ounce hominy white rinsed drained canned
- 2 to 3 jalapeño peppers minced seeded
- 0 tablespoons cup heavy whipping cream sour low-fat
- 29 ounce no-salt-added tomatoes diced canned
- 1 cup onion chopped
- 0.8 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- food processor
- bowl
- blender
- dutch oven

Directions

- Place whole tomatoes in a blender or food processor; process until pureed. Set aside.
- Heat oil in a Dutch oven over mediumhigh heat.
- Add pork, and cook 5 minutes or until browned, stirring occasionally. Stir in onion, jalapeo pepper, and garlic; cook 3 to 5 minutes or until vegetables are tender.
- Add chili powder, cumin, and black pepper; cook 1 minute.
- Add reserved pureed tomatoes and diced tomatoes. Bring to a boil; reduce heat, and simmer, partially covered, 1 to 1 1/2 hours or until pork is tender, stirring occasionally.
- Add chickpeas, hominy, chiles, and salt. Bring to a boil; cover, reduce heat, and simmer 30 minutes. Spoon into individual serving bowls. Top each serving with 1 tablespoon sour cream.
- Sprinkle 2 1/2 teaspoons avocado evenly over each serving.

Nutrition Facts



Properties

Glycemic Index:24.43, Glycemic Load:3.28, Inflammation Score:-7, Nutrition Score:23.824782516645%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 299.78kcal (14.99%), Fat: 9.19g (14.13%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 17.5g (6.36%), Sugar: 5.54g (6.16%), Cholesterol: 71.44mg (23.81%), Sodium: 723.65mg (31.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.77%), Vitamin B6: 1.39mg (69.34%), Selenium: 34.74µg (49.62%), Vitamin B3: 8.25mg (41.24%), Vitamin B1: 0.61mg (40.88%), Phosphorus: 362.8mg (36.28%), Manganese: 0.71mg (35.54%), Vitamin C: 25.61mg (31.05%), Fiber: 7g (27.99%), Potassium: 919.97mg (26.28%), Iron: 3.99mg (22.15%), Zinc: 3.3mg (22.03%), Magnesium: 78.28mg (19.57%), Vitamin B2: 0.33mg (19.44%), Copper: 0.34mg (16.9%), Vitamin A: 749.01IU (14.98%), Vitamin E: 2.24mg (14.95%), Vitamin B5: 1.46mg (14.56%), Folate: 50µg (12.5%), Vitamin K: 11.12µg (10.59%), Vitamin B12: 0.58µg (9.64%), Calcium: 94.22mg (9.42%), Vitamin D: 0.45µg (3.02%)