



## Pork and Green Chile Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



7

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce no-salt-added black beans divided drained canned
- 1.5 pounds pork loin boneless lean
- 9 ounce chiles green chopped canned
- 1 cup celery thinly sliced
- 43 ounce chicken broth low-sodium canned
- 2 tablespoons chili powder
- 10 ounce whole-kernel corn frozen thawed
- 1 teaspoon ground cumin

- 1 teaspoon oregano dried
- 3 cups round potato diced red
- 0.5 teaspoon salt
- 3 cups tomatoes coarsely chopped

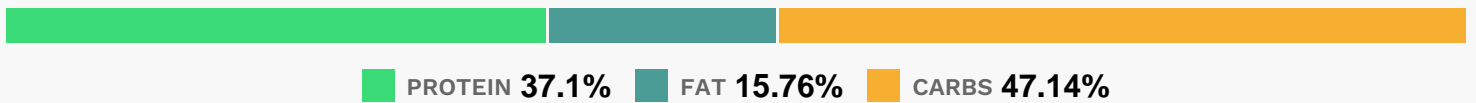
## Equipment

- paper towels
- dutch oven

## Directions

- Trim fat from pork; cut pork into 1-inch cubes. Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot.
- Add pork and celery; cook, stirring constantly, until pork is browned and celery is tender.
- Remove from Dutch oven; wipe drippings from Dutch oven with a paper towel.
- Return pork mixture to Dutch oven; add potato and next 8 ingredients, stirring well. Bring to a boil; cover, reduce heat, and simmer 1 hour or until pork is tender.
- Place half of beans in a shallow dish; mash with a fork to form a paste.
- Add bean paste and remaining beans to pork mixture, stirring well; bring to a boil. Cook, uncovered, 10 minutes or until mixture is thickened.

## Nutrition Facts



## Properties

Glycemic Index:27.68, Glycemic Load:14.97, Inflammation Score:-9, Nutrition Score:28.566956717035%

## Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 362.23kcal (18.11%), Fat: 6.55g (10.07%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 44.06g (14.69%), Net Carbohydrates: 33.42g (12.15%), Sugar: 4.78g (5.31%), Cholesterol: 61.24mg (20.41%), Sodium: 552.49mg (24.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.68g (69.36%), Vitamin B6: 1.23mg (61.56%), Vitamin B3: 10.58mg (52.88%), Vitamin C: 40.08mg (48.59%), Vitamin B1: 0.7mg (46.94%), Phosphorus: 457.42mg (45.74%), Fiber: 10.64g (42.56%), Potassium: 1444.66mg (41.28%), Selenium: 28.83µg (41.18%), Folate: 155.7µg (38.93%), Manganese: 0.61mg (30.56%), Magnesium: 110.8mg (27.7%), Vitamin A: 1352.51IU (27.05%), Iron: 4.36mg (24.2%), Vitamin B2: 0.39mg (22.94%), Copper: 0.45mg (22.64%), Zinc: 3.27mg (21.83%), Vitamin K: 15.19µg (14.47%), Vitamin B5: 1.43mg (14.27%), Vitamin B12: 0.67µg (11.16%), Vitamin E: 1.49mg (9.93%), Calcium: 80.39mg (8.04%), Vitamin D: 0.39µg (2.59%)