



Pork and Green Chile Stew

 Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds boston butt pork shoulder boneless fat trimmed cut into 1 1/2-inch pieces
- 2 tablespoons butter
- 1.5 cups chicken broth
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1 teaspoon ground cumin
- 15.5 ounce hominy drained and rinsed canned
- 1 tablespoon jalapeno minced

- 1.5 cups onions chopped
- 1 cup poblano pepper chopped
- 1 teaspoon salt
- 16 ounce tomatillo salsa

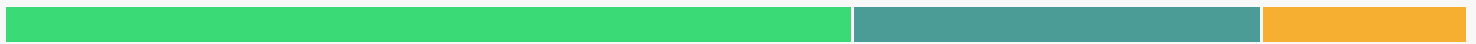
Equipment

- frying pan
- oven
- pot
- dutch oven

Directions

- Preheat the oven to 325 degrees F.
- In a large oven-safe Dutch oven, melt the butter over medium-high heat.
- Sprinkle the salt and cumin over the pork. Working in batches, add the pork to the pan and brown on all sides, about 5 minutes per batch.
- Remove and set aside.
- In the same pot, add the onions, poblano pepper, jalapeno and garlic, and cook until the onion softens, about 5 minutes. Stir in the chicken broth, salsa, hominy and pork. Cover and bake until the pork is tender, about 1 hour and 20 minutes. Skim any fat from the top. Stir in the cilantro and serve.

Nutrition Facts



PROTEIN 57.96% **FAT 27.94%** **CARBS 14.1%**

Properties

Glycemic Index: 18.6, Glycemic Load: 0.67, Inflammation Score: -6, Nutrition Score: 30.914348306863%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 378.82kcal (18.94%), Fat: 11.26g (17.32%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 10.93g (3.97%), Sugar: 5.24g (5.83%), Cholesterol: 142.8mg (47.6%), Sodium: 983.71mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.55g (105.09%), Vitamin B3: 22.01mg (110.05%), Vitamin B1: 1.5mg (99.72%), Vitamin B6: 1.72mg (86.23%), Selenium: 60.31µg (86.16%), Vitamin B2: 1.09mg (64.31%), Phosphorus: 550.18mg (55.02%), Zinc: 5mg (33.33%), Vitamin B12: 1.98µg (33.08%), Potassium: 1035.7mg (29.59%), Vitamin B5: 2.36mg (23.59%), Vitamin C: 17.76mg (21.52%), Magnesium: 71.66mg (17.92%), Iron: 2.58mg (14.35%), Copper: 0.22mg (10.86%), Vitamin A: 456.03IU (9.12%), Manganese: 0.16mg (7.92%), Fiber: 1.86g (7.44%), Calcium: 33.99mg (3.4%), Vitamin K: 3.03µg (2.89%), Vitamin E: 0.41mg (2.76%), Folate: 7.28µg (1.82%)