



Pork and Hominy Chili

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons canola oil
- 1 tablespoon chili powder
- 14 ounce less-sodium chicken broth fat-free canned
- 0.8 cup bell pepper green chopped
- 2 teaspoons ground cumin

- 0.1 teaspoon ground pepper red
- 15.5 ounce golden hominy rinsed drained canned
- 1 cup onion chopped (1 medium)
- 8 ounces center-cut pork chops boneless cubed trimmed
- 0.3 teaspoon salt
- 0.3 cup cup heavy whipping cream light sour
- 0.3 cup no-salt-added tomato paste

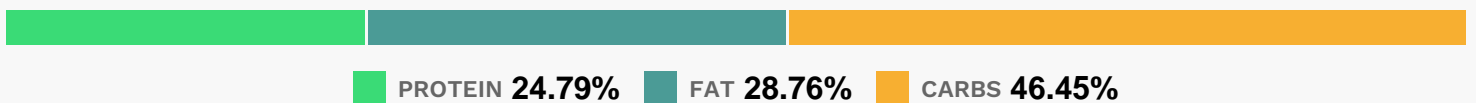
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add pork to pan; saut 5 minutes or until lightly browned.
- Add onion, bell pepper, and garlic to pan; saut 5 minutes or until tender. Stir in chili powder and next 4 ingredients (through red pepper). Cook 1 minute, stirring constantly. Stir in tomato paste, hominy, tomatoes, and broth; bring to a boil. Reduce heat, and simmer 10 minutes.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:4.37, Inflammation Score:-8, Nutrition Score:22.135217469671%

Flavonoids

Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 289.71kcal (14.49%), Fat: 9.58g (14.74%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 27.4g (9.96%), Sugar: 11.26g (12.51%), Cholesterol: 43.02mg (14.34%), Sodium: 1271.71mg (55.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Vitamin C: 39.51mg (47.89%), Vitamin B6: 0.81mg (40.66%), Selenium: 27.2µg (38.86%), Vitamin B3: 7.37mg (36.86%), Vitamin B1: 0.53mg (35.47%), Fiber: 7.43g (29.71%), Manganese: 0.54mg (27.08%), Phosphorus: 266.57mg (26.66%), Potassium: 925.91mg (26.45%), Vitamin A: 1257.97IU (25.16%), Iron: 4.19mg (23.26%), Vitamin E: 3.44mg (22.93%), Copper: 0.41mg (20.29%), Magnesium: 76.55mg (19.14%), Zinc: 2.78mg (18.5%), Vitamin B2: 0.27mg (16.02%), Vitamin K: 13.72µg (13.07%), Calcium: 113.19mg (11.32%), Vitamin B5: 1.12mg (11.21%), Vitamin B12: 0.56µg (9.32%), Folate: 30.21µg (7.55%), Vitamin D: 0.26µg (1.7%)