

food
network



HEALTH SCORE

61%

Pork and Poblano Green Chili Pot



Very Healthy

READY IN



110 min.

SERVINGS



4

CALORIES



1144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken stock see
- ☐ 1 handful cilantro leaves fresh
- ☐ 1.5 pounds fatty pork cooked finely chopped
- ☐ 3 cloves garlic sliced chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 1 tablespoon honey
- ☐ 2 jalapeño peppers
- ☐ 2 limes

- ☐ 1 cup manchego cheese shredded
- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions chopped
- ☐ 4 large poblano peppers
- ☐ 1 cup cooking polenta quick
- ☐ 4 servings serving suggestion: serve with the cheesy polenta or warm tortillas, chips for dipping, wrapping or dunking.
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 12 tomatillos peeled chopped

Equipment

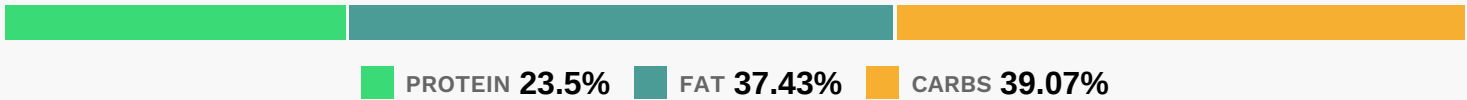
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ broiler
- ☐ stove
- ☐ dutch oven

Directions

- ☐ Char the poblano peppers all over by placing the peppers on stovetop burners or under a hot broiler until black, turning frequently.
- ☐ Place the charred peppers in a bowl and cover with plastic wrap to steam them as they cool. Rub the skins off the poblanos and jalapenos with paper towel or peel by hand, then seed the peppers and chop.

- ☐
- Meanwhile, heat the extra-virgin olive oil in a medium-size Dutch oven over medium heat, add the onions and sweat 10 minutes then add the garlic and tomatillos and cook 10 minutesmore; season with salt and pepper.
- ☐
- Place the cooked onion-tomatillo mixture in a food processor with cilantro, cumin, honey, and puree.
- ☐
- Add the puree back to the Dutch oven, then stir in the chopped peppers and chicken stock. Bring the mixture to a boil, reduce the heat to low for the flavors to combine. Slice and finely chop the cooked pork and stir into the chili. When the soup returns to a bubble, turn off the stove, cool completely and store for make-ahead meal.
- ☐
- Place in covered pot over medium heat and cook until the pork comes to a bubble, stir in the juice of 1 lime and turn off the heat. Slice the remaining lime into wedges and serve alongside the chili.
- ☐
- For the cheesy polenta: In medium saucepan, bring the chicken stock and milk to a boil.
- ☐
- Whisk in the polenta, stirring until the polenta just pulls from the side of the pot. Stir in the Manchego cheese and serve warm.

Nutrition Facts



Properties

Glycemic Index:72.57, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:45.629565156024%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 1143.69kcal (57.18%), Fat: 47.64g (73.3%), Saturated Fat: 18.55g (115.92%), Carbohydrates: 111.9g (37.3%), Net Carbohydrates: 102.28g (37.19%), Sugar: 22.57g (25.08%), Cholesterol: 194.23mg (64.74%), Sodium: 1085.72mg (47.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.29g (134.58%), Vitamin C: 169.43mg (205.37%), Selenium: 75.53µg (107.91%), Vitamin B1: 1.47mg (98.17%), Vitamin B3: 14.25mg (71.23%), Vitamin B6: 1.28mg (63.82%), Phosphorus: 603.36mg (60.34%), Vitamin B2: 1.02mg (59.78%), Zinc: 8.31mg (55.43%), Vitamin A:

2748.91IU (54.98%), Calcium: 492.96mg (49.3%), Potassium: 1724.46mg (49.27%), Fiber: 9.62g (38.48%), Iron: 5.72mg (31.8%), Vitamin K: 32.25µg (30.72%), Manganese: 0.61mg (30.46%), Vitamin B12: 1.79µg (29.87%), Copper: 0.56mg (28.01%), Magnesium: 106.08mg (26.52%), Vitamin B5: 2.03mg (20.29%), Vitamin E: 2.88mg (19.22%), Folate: 63.94µg (15.98%), Vitamin D: 2.37µg (15.81%)