



HEALTH SCORE

61%

Pork Chile Verde with Red Chile Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



210 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken broth divided ()
- ☐ 0.8 cup pepper flakes diced green peeled seeded (such as Hatch or Anaheim)
- ☐ 1 tablespoon cumin seeds
- ☐ 1.5 cups cilantro leaves fresh with tender stems packed ()
- ☐ 8 servings cilantro leaves fresh
- ☐ 6 garlic clove peeled
- ☐ 1 bunch spring onion coarsely chopped
- ☐ 8 servings olive oil

- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried (preferably Mexican)
- ☐ 4 pound boston butt pork shoulder trimmed cut into 1 1/2-inch cubes (Boston butt)
- ☐ 1 pound tomatillos divided husked rinsed cut into 1/2-inch wedges,
- ☐ 1 pound yukon gold potatoes peeled chopped cut into 3/4-inch cubes

Equipment

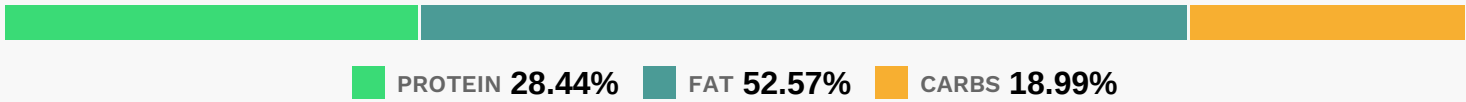
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Puree 2 cups chicken broth, 1/4 of tomatillos, green onions, cilantro with stems, and garlic in blender. Set salsa verde aside.
- ☐ Brush heavy large pot with oil; heat over medium-high heat.
- ☐ Sprinkle pork with salt and pepper. Working in batches, add pork to pot; cook until browned, turning occasionally, about 4 minutes per batch. Using slotted spoon, transfer pork to bowl.
- ☐ Pour off all but 1 tablespoon fat from pot (add oil if needed).
- ☐ Add onion to pot; sauté until soft, about 5 minutes.
- ☐ Sprinkle cumin seeds over; cook until onion is golden and cumin is toasted, about 2 minutes.
- ☐ Add remaining tomatillos; cook until tender and browned in spots, stirring occasionally and reducing heat to medium if browning too quickly, about 8 minutes. Return pork and any juices to pot.
- ☐ Add 2 cups reserved salsa verde, 1 cup broth, chiles, and oregano. Cover; simmer over medium-low heat until pork is tender, about 2 hours. DO AHEAD: Can be made 3 days ahead. Cool slightly. Chill uncovered until cold, then cover and keep chilled. Bring to simmer before continuing.
- ☐ Add potatoes to pork. Simmer until potatoes are tender, about 30 minutes. Stir in remaining salsa verde; bring to simmer. Thin with additional broth, if desired. Season with salt and pepper.

Divide chile verde among bowls. Top with cilantro and dollop of red chile salsa.

Nutrition Facts



Properties

Glycemic Index:36.47, Glycemic Load:8.82, Inflammation Score:-8, Nutrition Score:27.126521608104%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg, Quercetin: 10.52mg

Nutrients (% of daily need)

Calories: 426.39kcal (21.32%), Fat: 25.02g (38.49%), Saturated Fat: 5.5g (34.37%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 16.62g (6.04%), Sugar: 5.65g (6.27%), Cholesterol: 94.45mg (31.48%), Sodium: 442.87mg (19.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.89%), Vitamin B1: 1.35mg (90.28%), Selenium: 42.32µg (60.45%), Vitamin C: 44.25mg (53.64%), Vitamin B6: 0.94mg (46.76%), Vitamin B3: 8.1mg (40.49%), Phosphorus: 365.58mg (36.56%), Vitamin K: 36.37µg (34.64%), Vitamin B2: 0.56mg (33.07%), Zinc: 4.9mg (32.68%), Potassium: 1035.26mg (29.58%), Manganese: 0.41mg (20.71%), Iron: 3.67mg (20.39%), Vitamin B12: 1.18µg (19.66%), Vitamin E: 2.59mg (17.26%), Magnesium: 67.61mg (16.9%), Copper: 0.31mg (15.65%), Vitamin B5: 1.51mg (15.13%), Fiber: 3.72g (14.88%), Vitamin A: 467.84IU (9.36%), Folate: 35.96µg (8.99%), Calcium: 68.25mg (6.83%)