




 **12%**
HEALTH SCORE

Pork Cracklings with Green Salsa (Chicharrones en Salsa Verde)


 **Gluten Free**  **Dairy Free**

READY IN




50 min.

SERVINGS



3

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce wonton skins
- 10 corn tortillas warmed for serving
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- 0.3 cup cilantro leaves fresh chopped for garnish
- 3 cloves garlic
- 1 teaspoon kosher salt plus more for seasoning
- 1 tablespoon olive oil

- 0.5 teaspoon sugar
- 15 medium tomatillos
- 0.5 onion white

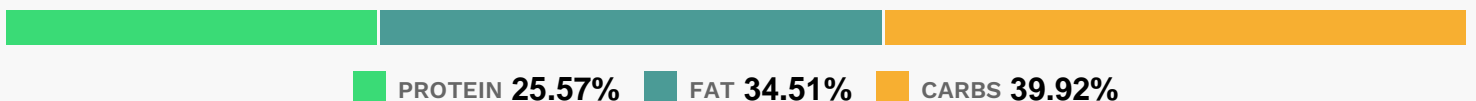
Equipment

- bowl
- sauce pan
- blender
- slotted spoon

Directions

- Watch how to make this recipe.
- In a heavy large saucepan, place the tomatillos, garlic, onion and 3 cups of water over medium-high heat. Bring to a boil and cook for 15 minutes. Using a slotted spoon, transfer the boiled vegetables into a blender with the cilantro leaves and 1 teaspoon salt. Allow the mixture to cool before blending until smooth. (Reserve the cooking liquid in case you need it to thin out the sauce later.)
- Heat the oil in a heavy large saucepan over medium heat.
- Add the tomatillo salsa and cook until reduced slightly and thickened, about 20 minutes. Season with 1/2 teaspoon sugar if the tomatillos are too tart. Season with some additional salt if needed.
- Add the cracklings and stir until soft, about 3 minutes.
- Transfer to a serving bowl, sprinkle with the chopped cilantro and serve with warm corn tortillas.
- Cook's Note: Pork cracklings (chicharrones) are sold in every single Hispanic market and some regular supermarkets. In fact, you can find them in most gas stations but they're sold almost as potato chips are sold; in a small bag as a snack. The problem with those is that they are over seasoned and packed with preservatives which won't let them soften properly.

Nutrition Facts



Properties

Glycemic Index:86.7, Glycemic Load:34.65, Inflammation Score:-6, Nutrition Score:21.354782726454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 899.45kcal (44.97%), Fat: 34.82g (53.57%), Saturated Fat: 9.99g (62.45%), Carbohydrates: 90.65g (30.22%), Net Carbohydrates: 76.09g (27.67%), Sugar: 9.69g (10.77%), Cholesterol: 71.82mg (23.94%), Sodium: 2246.32mg (97.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.05g (116.1%), Phosphorus: 621.11mg (62.11%), Fiber: 14.56g (58.25%), Manganese: 0.91mg (45.33%), Magnesium: 161.75mg (40.44%), Vitamin B3: 5.8mg (29.01%), Vitamin C: 23mg (27.87%), Vitamin B6: 0.54mg (26.8%), Potassium: 823.96mg (23.54%), Vitamin K: 24.24µg (23.08%), Iron: 4.01mg (22.29%), Copper: 0.42mg (21.05%), Calcium: 186.05mg (18.61%), Zinc: 2.72mg (18.13%), Selenium: 11.96µg (17.08%), Vitamin B1: 0.25mg (16.87%), Vitamin E: 1.84mg (12.28%), Vitamin B2: 0.18mg (10.75%), Vitamin A: 325.68IU (6.51%), Folate: 24.97µg (6.24%), Vitamin B5: 0.49mg (4.92%)