

Pork Green Chile

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 ounce jalapeño peppers chopped canned
- 2 tablespoons flour all-purpose
- 6 servings garlic salt to taste
- 4.5 ounce chile peppers diced green drained canned
- 0.5 medium onion chopped
- 6 servings onion salt to taste
- 6 servings salt and pepper black to taste
- 1.5 pounds pork stew meat cubed

- 5 tablespoons tomato sauce
- 2 tablespoons vegetable oil
- 3.5 cups water

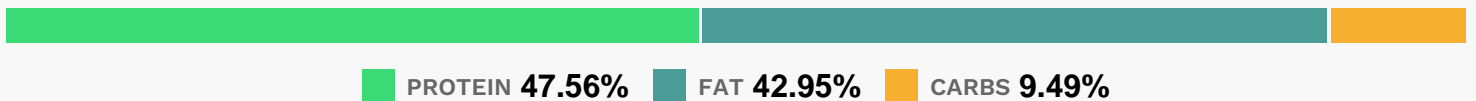
Equipment

- frying pan
- wooden spoon

Directions

- Heat oil in a large cast iron skillet over medium-high heat. Stir in cubed pork, and cook until nicely browned and cooked through, about 15 minutes.
- Remove skillet from heat, and allow to cool briefly.
- Sprinkle flour over pork. With a wooden spoon, stir pork to coat, scraping the bottom of the skillet to loosen browned bits.
- Add chile peppers, jalapenos, and onions. Stir in tomato sauce and water. Season to taste with onion salt, garlic salt, and salt and pepper.
- Return skillet to medium heat. Bring to a simmer, cover, and cook 30 minutes, stirring occasionally.
- Remove cover, and cook 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.78, Inflammation Score:-5, Nutrition Score:15.651304286459%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 223.53kcal (11.18%), Fat: 10.44g (16.06%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.99g (1.45%), Sugar: 1.19g (1.33%), Cholesterol: 70.31mg (23.44%), Sodium: 1072.19mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.02%), Selenium: 32.51µg (46.44%), Vitamin B6: 0.82mg (41.09%), Vitamin B3: 8.14mg (40.72%), Vitamin B12: 2.1µg (34.96%), Zinc: 4.87mg (32.46%), Phosphorus: 257.85mg (25.79%), Iron: 3.19mg (17.73%), Potassium: 495.93mg (14.17%), Vitamin B2: 0.22mg (12.77%), Vitamin C: 10.48mg (12.7%), Vitamin K: 12.23µg (11.64%), Vitamin B1: 0.14mg (9.44%), Folate: 35.98µg (9%), Copper: 0.18mg (8.97%), Magnesium: 35.28mg (8.82%), Vitamin A: 362.23IU (7.24%), Vitamin E: 1.01mg (6.72%), Vitamin B5: 0.64mg (6.42%), Fiber: 1.2g (4.81%), Calcium: 41.74mg (4.17%), Manganese: 0.08mg (3.92%)