



Pork & Green Salsa with Cheesy Hominy

 Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 árbol chiles stemmed
- 2 lb boston butt pork shoulder boneless cut into 8 pieces
- 0.8 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 15 oz chicken broth canned
- 0.5 lb coarsely-cut hominy corn dried white drained ()
- 3 cloves garlic unpeeled
- 0.5 large onion sliced
- 3 oz wonton skins cut into 8 pieces

- 0.5 lb tomatillos husked (7)
- 2 cups water
- 0.5 lb purslane cleaned
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Equipment

- bowl
- frying pan
- sauce pan
- blender
- pressure cooker

Directions

- Cook chiles in large skillet 5 min. or until toasted, stirring frequently.
- Place in blender.
- Add garlic, tomatillos and onions to skillet; cook 10 min. or until roasted, stirring frequently. Peel garlic and add to blender with tomatillas and onions; blend until smooth.
- Cook meat in 6-qt. pressure cooker on medium-high heat 4 min. on each side or until browned on both sides; top with tomatillo sauce. LOCK pressure cooker lid in place. Cook on medium-high heat until pressure vent locks in place and regulator begins to rock gently. Reduce heat gradually to maintain slow steady rocking motion; cook 40 to 45 min. or until meat is tender.
- Remove from heat.
- Let stand 10 min. or until pressure vent drops.
- Remove regulator, then lid; stir in purslane. Replace lid.
- Let stand 5 min. or until purslane is wilted.
- Meanwhile, bring water, broth and hominy to boil in saucepan; cover. Simmer on low heat 55 min. or until hominy is softened and liquid is absorbed.
- Transfer to serving bowl; top with cheese.
- Serve topped with meat mixture and pork rinds.

Nutrition Facts

PROTEIN 52% FAT 37.45% CARBS 10.55%

Properties

Glycemic Index:4.65, Glycemic Load:0.88, Inflammation Score:-2, Nutrition Score:5.6726086871779%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 103.24kcal (5.16%), Fat: 4.22g (6.49%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.83g (0.92%), Cholesterol: 30.75mg (10.25%), Sodium: 156.48mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Vitamin B3: 3.53mg (17.66%), Selenium: 11.32µg (16.18%), Vitamin B1: 0.21mg (13.87%), Vitamin B6: 0.27mg (13.5%), Phosphorus: 114.09mg (11.41%), Vitamin B2: 0.18mg (10.42%), Zinc: 1.12mg (7.48%), Vitamin B12: 0.43µg (7.25%), Potassium: 182.88mg (5.23%), Magnesium: 15.43mg (3.86%), Vitamin B5: 0.39mg (3.86%), Iron: 0.58mg (3.25%), Calcium: 27.35mg (2.73%), Vitamin A: 127.54IU (2.55%), Copper: 0.05mg (2.27%), Vitamin C: 1.65mg (2%), Manganese: 0.04mg (1.92%), Fiber: 0.42g (1.69%), Vitamin K: 1.38µg (1.32%)