



Pork in Green Mole with Potatoes, Chayotes & Green Beans

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer bacon chopped
- 1 lb chayotes pitted peeled cut into 8 wedges (2 large)
- 2 6-inch corn tortillas ()
- 1 cup chicken broth fat-free reduced-sodium
- 0.5 lb green beans fresh trimmed
- 2 cloves garlic
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft

- 0.5 onion cut into 1/2-inch-thick slices
- 2 lb pork loin
- 1 serrano chile
- 1 lb tomatillos husked
- 0.5 lb yukon gold potatoes peeled quartered (2)

Equipment

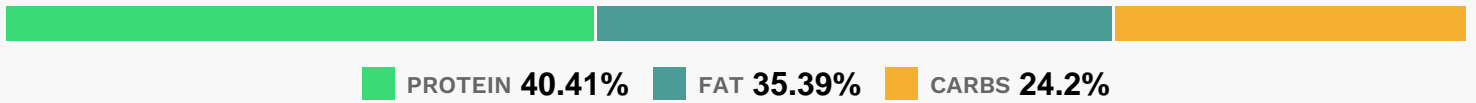
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- blender
- aluminum foil
- broiler
- slotted spoon
- dutch oven

Directions

- Heat broiler.
- Cover rimmed baking sheet with foil; spray with cooking spray.
- Place first 5 ingredients on baking sheet. Broil, 4 inches from heat, 12 min. or until roasted, turning every 5 min. and removing ingredients from pan when tortillas are crisp and vegetables are roasted to desired doneness.
- Meanwhile, cook and stir bacon in large deep ovenproof skillet or Dutch oven until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings from skillet.
- Add pork loin to drippings in skillet; cook 5 min. or until evenly browned, turning after 3 min.
- Heat oven to 350F. Blend broth, tortillas and all roasted vegetables except chiles in blender until smooth.

- Add to pork loin in skillet; cover.
- Bake 1-1/2 hours or until done (145F). Meanwhile, toss potatoes, chayotes and beans with dressing; spread onto foil-covered rimmed baking sheet sprayed with cooking spray. Cover; bake 1 hour 15 min., uncovering after 45 min.
- Remove about 1/3 of the tomatillo sauce from skillet; blend in blender with roasted serrano chile until smooth.
- Pour into serving bowl. Spoon remaining sauce onto platter; top with pork loin. Surround with baked vegetables; sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:29.66, Glycemic Load:5.65, Inflammation Score:-6, Nutrition Score:20.84782607659%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 292.13kcal (14.61%), Fat: 11.51g (17.7%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 13.71g (4.98%), Sugar: 5.54g (6.15%), Cholesterol: 78.7mg (26.23%), Sodium: 325.87mg (14.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.14%), Vitamin B6: 1.13mg (56.41%), Selenium: 35.59µg (50.84%), Vitamin B3: 9.07mg (45.35%), Vitamin B1: 0.63mg (42.16%), Phosphorus: 358.31mg (35.83%), Vitamin C: 21.15mg (25.64%), Potassium: 889.99mg (25.43%), Vitamin K: 25.02µg (23.83%), Zinc: 2.98mg (19.89%), Vitamin B2: 0.31mg (18.19%), Folate: 72.7µg (18.18%), Manganese: 0.36mg (17.85%), Magnesium: 68.93mg (17.23%), Fiber: 4g (16%), Vitamin B5: 1.34mg (13.35%), Copper: 0.26mg (12.89%), Vitamin B12: 0.69µg (11.5%), Iron: 1.89mg (10.48%), Vitamin A: 274.89IU (5.5%), Vitamin E: 0.78mg (5.22%), Calcium: 44.09mg (4.41%), Vitamin D: 0.5µg (3.32%)