

health-score69%

HEALTH SCORE

Pork Marinated in Chile Colorado

Gluten Free Dairy Free Very Healthy Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork loin boneless trimmed cut into 1/2-inch strips
- ☐ 4 cups chile colorado
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

Equipment

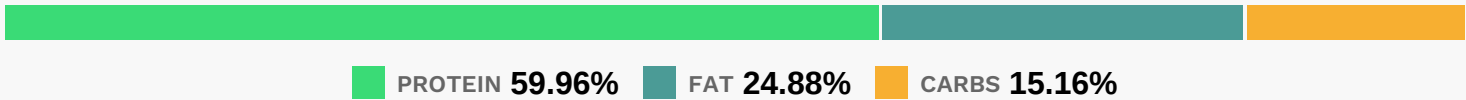
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag.
- ☐ Add pork; toss to coat. Marinate in refrigerator overnight, turning occasionally.
- ☐ Preheat oven to 30
- ☐ Place pork and marinade in an 11 x 7-inch baking dish coated with cooking spray; cover with foil.
- ☐ Bake at 300 for 1 hour. Increase oven temperature to 350 (do not remove pork from oven); remove foil, and bake 30 minutes.
- ☐ Remove pork from oven; shred with 2 forks.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:20.083913025649%

Nutrients (% of daily need)

Calories: 180.35kcal (9.02%), Fat: 4.94g (7.61%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.99g (4.43%), Cholesterol: 71.44mg (23.81%), Sodium: 207.72mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.81g (53.63%), Vitamin C: 107.78mg (130.64%), Vitamin B6: 1.24mg (61.91%), Selenium: 31.8µg (45.43%), Vitamin B3: 7.46mg (37.3%), Vitamin B1: 0.56mg (37.12%), Phosphorus: 287.77mg (28.78%), Potassium: 668.79mg (19.11%), Vitamin B2: 0.28mg (16.35%), Zinc: 2.24mg (14.96%), Vitamin A: 718.25IU (14.37%), Magnesium: 47.41mg (11.85%), Vitamin K: 12.05µg (11.48%), Vitamin B5: 1mg (9.98%), Vitamin B12: 0.58µg (9.64%), Copper: 0.16mg (8.21%), Iron: 1.48mg (8.21%), Manganese: 0.16mg (8.05%), Fiber: 1.23g (4.93%), Vitamin E: 0.71mg (4.74%), Folate: 17.84µg (4.46%), Vitamin D: 0.45µg (3.02%), Calcium: 20.25mg (2.03%)