



Pork Pot Pies With Corn Pudding Crust

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 8 servings corn pudding crust batter
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon oregano dried
- ☐ 2 poblano chile peppers seeded diced
- ☐ 2 pounds pork tenderloin
- ☐ 0.5 teaspoon salt
- ☐ 1 large onion diced sweet

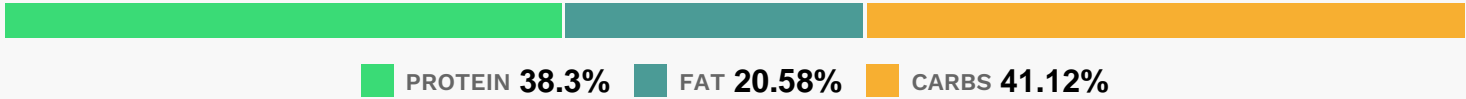
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Remove silver skin from pork tenderloin, leaving a thin layer of fat covering meat.
- ☐ Cut pork into 1-inch cubes.
- ☐ Sprinkle pork with salt; dredge in flour. Saut pork, in batches, in hot oil in a large nonstick skillet over medium-high heat 5 minutes or until browned.
- ☐ Return pork to skillet. Stir in onion and next 4 ingredients, and saut 3 minutes.
- ☐ Gradually stir in broth, stirring to loosen particles from bottom of skillet. Cook, stirring constantly, 3 minutes or until mixture begins to thicken. Bring to a boil, and stir in black beans.
- ☐ Remove from heat.
- ☐ Spoon mixture into 8 lightly greased 8-oz. ramekins. Spoon Corn Pudding Crust Batter evenly over pork mixture.
- ☐ Bake at 425 for 20 minutes or until set and golden.
- ☐ Garnish, if desired.
- ☐ *2 lb. skinned and boned chicken breasts may be substituted.
- ☐ **1 green bell pepper and 1 seeded and minced jalapeo pepper may be substituted.
- ☐ Note: To make pot pie in a 13- x 9-inch baking dish, prepare recipe as directed through Step Spoon pork mixture into a lightly greased baking dish. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:10.58, Inflammation Score:-7, Nutrition Score:24.383043372113%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 309.76kcal (15.49%), Fat: 7.28g (11.19%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 26.39g (9.6%), Sugar: 6.25g (6.94%), Cholesterol: 73.71mg (24.57%), Sodium: 530.2mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.93%), Vitamin B1: 1.32mg (88.06%), Vitamin B6: 1.14mg (56.87%), Selenium: 37.6µg (53.71%), Vitamin B3: 9.73mg (48.66%), Phosphorus: 418.37mg (41.84%), Vitamin B2: 0.54mg (31.54%), Vitamin C: 24.22mg (29.35%), Potassium: 885.85mg (25.31%), Fiber: 6.31g (25.23%), Zinc: 3.03mg (20.18%), Magnesium: 78.14mg (19.53%), Manganese: 0.39mg (19.34%), Vitamin B5: 1.78mg (17.81%), Folate: 70.37µg (17.59%), Iron: 3.11mg (17.27%), Copper: 0.3mg (14.79%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 327.11IU (6.54%), Vitamin E: 0.71mg (4.75%), Vitamin K: 4.96µg (4.73%), Calcium: 46.66mg (4.67%), Vitamin D: 0.34µg (2.27%)