



 **48%**
HEALTH SCORE

Pork Stew in Green Salsa

READY IN



110 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 sprigs cilantro leaves
- 2 teaspoons marjoram dried
- 0.5 cup flour all-purpose
- 3 cloves garlic minced
- 7 ounce chilis diced green drained canned
- 0.5 teaspoon ground cumin
- 1 tablespoon pepper black
- 2 jalapeno fresh seeded chopped
- 2 tablespoons olive oil

- 1 large onion chopped
- 3 pound pork shoulder boneless trimmed cut into 1-inch cubes
- 1 teaspoon salt
- 2 tablespoons cream sour divided
- 2 cups tomatillos fresh chopped
- 1 cup water

Equipment

- bowl
- frying pan
- dutch oven

Directions

- Stir together the flour, 1 teaspoon salt, pepper, and cumin in a large bowl.
- Place the cubed pork into the mixture, and stir well to coat the meat with the seasonings.
- Heat the olive oil in a large, heavy pan or Dutch oven over medium-high heat until the oil shimmers. Working in batches if necessary, place the meat into the hot pan in a single layer. Pan-fry the pork until brown on all sides, about 15 minutes.
- Remove the pork to a bowl, and cover to keep warm.
- Cook and stir the onion in the hot pan over medium heat, adding more olive oil if necessary, until the onion is translucent and beginning to brown, about 7 minutes. Return the meat to the pan and stir in the garlic, tomatillos, chiles, marjoram, chopped cilantro, and water. Check seasoning and add 1 pinch of salt to taste, if needed. Cover and simmer over low heat, stirring occasionally, until the meat is tender, about 1 hour. Skim excess fat off the stew before serving in bowls, garnished with a dollop of sour cream and a cilantro sprig on each bowl.

Nutrition Facts



PROTEIN 52.99% **FAT 31.01%** **CARBS 16%**

Properties

Glycemic Index:38.83, Glycemic Load:6.59, Inflammation Score:-7, Nutrition Score:34.196956489397%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 413.47kcal (20.67%), Fat: 13.93g (21.43%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 13.56g (4.93%), Sugar: 3.19g (3.55%), Cholesterol: 138.44mg (46.15%), Sodium: 648.23mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.55g (107.1%), Vitamin B3: 23.56mg (117.81%), Vitamin B1: 1.59mg (105.88%), Selenium: 62.95µg (89.93%), Vitamin B6: 1.78mg (89.18%), Vitamin B2: 1.16mg (67.99%), Phosphorus: 568.79mg (56.88%), Vitamin B12: 1.98µg (33.03%), Potassium: 1111.3mg (31.75%), Zinc: 4.74mg (31.59%), Vitamin C: 24.98mg (30.28%), Vitamin B5: 2.46mg (24.61%), Iron: 3.61mg (20.06%), Magnesium: 78.77mg (19.69%), Manganese: 0.38mg (18.89%), Vitamin K: 17.08µg (16.26%), Copper: 0.27mg (13.3%), Folate: 47.95µg (11.99%), Fiber: 2.61g (10.45%), Vitamin E: 1.29mg (8.58%), Vitamin A: 327.93IU (6.56%), Calcium: 55.09mg (5.51%)