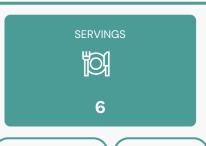


# **Pork Stew in Green Salsa**







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

o sprigs cliantro 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

닏	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	
Di	rections	
	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 <b>52.99%</b> FAT <b>31.01%</b> CARBS <b>16%</b>	

### **Properties**

#### **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, Luteolin: 0.07mg, Luteolin: 0.07mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Kaempferol: 0.17mg, K

### **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: Og (100%), Alcohol %: O% (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%)