



Pork & Vegetables in Tomatillo-Cascabel Sauce

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



40

CALORIES



69 kcal

SAUCE

Ingredients

- 3 lb boston butt pork shoulder bone-in cut into 2-inch chunks
- 1.5 lb carrots peeled cut into 2-inch chunks (9)
- 1 chicken bouillon cube
- 6 small cascabel chiles dried stemmed (1 inch)
- 0.5 cup cilantro leaves fresh divided
- 2 cloves garlic unpeeled
- 4 slices oscar mayer ham smoked chopped

- 0.5 cup a.1. original sauce
- 1.5 lb new potatoes
- 1 onion cut into wedges
- 1 lb tomatillos husked (8)
- 0.5 cup water

Equipment

- frying pan
- oven
- blender
- dutch oven

Directions

- Cook tomatillos and garlic in large skillet on medium-high heat 10 min. or until roasted, stirring frequently.
- Add chiles; cook and stir 1 min. Peel garlic; add to blender with water, bouillon cube and 1/4 cup cilantro. Blend until smooth.
- Heat oven to 350F. Toss pork shoulder chunks with steak sauce; cook, in batches, in large skillet on medium-high heat 4 min. or until evenly browned, stirring frequently.
- Transfer to ovenproof Dutch oven.
- Add ham, vegetables and tomatillo sauce; mix lightly. Cover.
- Bake 1 hour 15 min. or until pork chunks are tender. Stir in remaining chopped cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:6.61, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:8.0843478285748%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 69.16kcal (3.46%), Fat: 2.17g (3.34%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 5.8g (2.11%), Sugar: 2.56g (2.85%), Cholesterol: 15.65mg (5.22%), Sodium: 122.22mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin A: 2933.98IU (58.68%), Vitamin C: 15.85mg (19.22%), Vitamin B1: 0.24mg (15.78%), Vitamin B6: 0.22mg (10.82%), Selenium: 6.98µg (9.97%), Vitamin B3: 1.66mg (8.31%), Potassium: 262.91mg (7.51%), Phosphorus: 72.17mg (7.22%), Vitamin B2: 0.1mg (5.77%), Zinc: 0.86mg (5.71%), Vitamin K: 5.29µg (5.04%), Fiber: 1.22g (4.89%), Manganese: 0.09mg (4.51%), Magnesium: 15.11mg (3.78%), Copper: 0.07mg (3.43%), Iron: 0.61mg (3.41%), Vitamin B12: 0.19µg (3.21%), Vitamin B5: 0.32mg (3.17%), Folate: 10.1µg (2.53%), Vitamin E: 0.22mg (1.47%), Calcium: 13.81mg (1.38%)