



Puerco Con Chile Verde

 **Gluten Free**  **Dairy Free**

READY IN

ready

165 min.

SERVINGS

servings

6

CALORIES

calories

346 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 small cans chiles green minced
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 jalapeños

- ☐ 1 teaspoon lemon pepper
- ☐ 0.3 teaspoon ground oregano
- ☐ 3 pounds pork butt with fat cubed
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons salt
- ☐ 1 serrano chiles
- ☐ 12 tomatillos
- ☐ 1 large onion yellow chopped
- ☐ 1 small onion yellow chopped reserve half

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large skillet, add the pork butt, salt, black pepper, lemon pepper, oregano and garlic and cook for 10 minutes.
- ☐ Add the Salsa Verde, cilantro, cumin, green chiles and onions and cook for another 5 minutes.
- ☐ Transfer to a slow cooker, cover and cook on high for 30 minutes, and then turn down to low and cook for 3 hours to 3 hours 30 minutes.
- ☐ In a saucepan, boil the tomatillos, garlic, jalapenos, serrano pepper and half of the onions in 2 cups of water until the mixture floats to the top of the saucepan, about 30 minutes. Strain out the pulp and reserve the liquid. In a food processor, blend the pulp with the remaining onions, the cilantro, salt and 3/4 cup of the reserved liquid.

Nutrition Facts



 **PROTEIN 51.9%**  **FAT 36.61%**  **CARBS 11.49%**

Properties

Glycemic Index:47.33, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:31.163913146309%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 346.48kcal (17.32%), Fat: 13.8g (21.22%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 7.29g (2.65%), Sugar: 4.53g (5.03%), Cholesterol: 136.08mg (45.36%), Sodium: 1315.9mg (57.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44g (88%), Selenium: 65.14µg (93.05%), Vitamin B1: 1.33mg (88.4%), Vitamin B6: 1.34mg (67.24%), Vitamin B3: 11.4mg (56.98%), Vitamin B2: 0.92mg (54.04%), Zinc: 7.92mg (52.8%), Phosphorus: 506.02mg (50.6%), Vitamin B5: 3.76mg (37.63%), Vitamin B12: 2.06µg (34.4%), Potassium: 1059.2mg (30.26%), Vitamin C: 18.57mg (22.51%), Iron: 3.56mg (19.8%), Manganese: 0.36mg (18.02%), Magnesium: 71.62mg (17.91%), Copper: 0.33mg (16.55%), Vitamin K: 15.88µg (15.13%), Fiber: 2.45g (9.8%), Vitamin D: 1.36µg (9.07%), Vitamin E: 1.06mg (7.1%), Calcium: 60.87mg (6.09%), Vitamin A: 280.85IU (5.62%), Folate: 15.08µg (3.77%)