



## Pumpkin and Pork Chili



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 30 oz beans white drained and rinsed canned
- ☐ 0.5 teaspoon chili powder dried
- ☐ 1.5 tablespoons jalapeño chilies diced canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced peeled
- ☐ 1 teaspoon ground cumin
- ☐ 12 ounces pork tenderloin rinsed fat trimmed cut into 1/2-inch cubes
- ☐ 2 tablespoons juice of lime

- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 4 cups pumpkin such as sugar pie or baby bear (see notes for pumpkin bouillabaisse) cubed ()
- ☐ 0.3 teaspoon salt
- ☐ 24 oz tomatillos drained canned

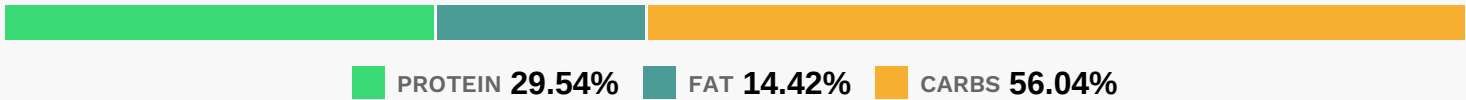
## Equipment

- ☐ frying pan
- ☐ blender

## Directions

- ☐ Heat oil in a 5- to 6-quart pan over medium-high heat. When hot, add pork and stir frequently until browned, 2 to 3 minutes.
- ☐ Transfer pork to a plate.
- ☐ Add onion and garlic to pan; stir frequently until onion is limp, about 8 minutes.
- ☐ Meanwhile, in a blender, whirl tomatillos and jalapeos until smooth.
- ☐ Add 1 cup water, tomatillo mixture, pumpkin, beans, cumin, ground chilies, and salt. Reduce heat to maintain a simmer, cover, and cook, stirring occasionally, 10 minutes. Stir in pork. Cook, covered, until pork is no longer pink in the center (cut to test), 10 minutes longer.
- ☐ Add cilantro and lime juice.

## Nutrition Facts



## Properties

Glycemic Index:60.5, Glycemic Load:17.4, Inflammation Score:-10, Nutrition Score:44.362608593443%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg

2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg  
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.29mg, Quercetin:  
12.29mg, Quercetin: 12.29mg, Quercetin: 12.29mg

Nutrients (% of daily need)

Calories: 484.99kcal (24.25%), Fat: 8.06g (12.39%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 70.42g (23.47%),  
Net Carbohydrates: 55.01g (20%), Sugar: 13.63g (15.15%), Cholesterol: 55.28mg (18.43%), Sodium: 209.27mg (9.1%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.26%), Vitamin A: 10223.95IU (204.48%), Manganese:  
1.66mg (82.92%), Vitamin B1: 1.23mg (81.75%), Potassium: 2289.55mg (65.42%), Fiber: 15.41g (61.64%), Vitamin B6:  
1.12mg (55.89%), Vitamin C: 45.97mg (55.72%), Phosphorus: 547.42mg (54.74%), Iron: 9.77mg (54.29%), Vitamin  
B3: 9.97mg (49.84%), Magnesium: 189.65mg (47.41%), Folate: 182.43µg (45.61%), Selenium: 31.47µg (44.96%),  
Copper: 0.9mg (44.85%), Vitamin B2: 0.58mg (34.37%), Zinc: 4.91mg (32.72%), Vitamin K: 31.99µg (30.46%),  
Vitamin E: 4.37mg (29.1%), Calcium: 220.36mg (22.04%), Vitamin B5: 1.83mg (18.25%), Vitamin B12: 0.43µg (7.23%),  
Vitamin D: 0.17µg (1.13%)