



Quick Pork Mole Stew

READY IN



50 min.

SERVINGS



50

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup original barbecue sauce kraft
- 31 oz black beans undrained canned
- 15 oz regular corn undrained canned
- 29 oz tomatoes diced divided undrained canned
- 3 carrots peeled sliced
- 4 cups rice long-grain white hot cooked
- 0.3 cup cilantro leaves fresh chopped
- 4 guajillo chiles stemmed toasted seeded
- 1 Tbsp oil

- 1 onion divided cut in half,
- 2 lb pork chops boneless cut into bite-size pieces (3/)
- 1 bell pepper red chopped
- 24 ritz crackers
- 2 oz baker's semi-sweet chocolate melted
- 0.5 cup cheddar cheese shredded kraft
- 1 cup water

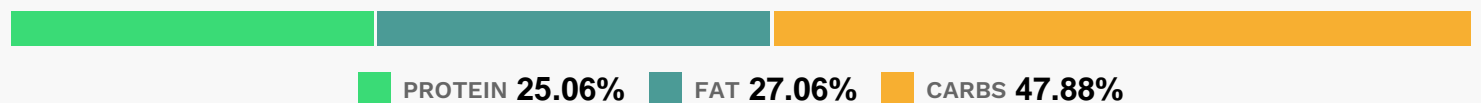
Equipment

- bowl
- frying pan
- blender
- dutch oven

Directions

- Blend chiles and half the onions in blender until chopped.
- Add 1 can tomatoes, barbecue sauce and chocolate; blend until smooth.
- Heat oil in Dutch oven or large deep skillet on medium heat. Chop remaining onion.
- Add to skillet with meat; cook 5 min. or until meat is evenly browned and onions are crisp-tender, stirring occasionally.
- Add barbecue sauce mixture, carrots, red peppers, beans, corn, remaining can of tomatoes and water; stir. Bring to boil; cover. Simmer on medium-low heat 20 min. or until meat is done.
- Stir cilantro into meat mixture. Spoon over rice in serving bowls; top with cheese.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:5.48, Glycemic Load:4.03, Inflammation Score:-6, Nutrition Score:5.8843478690023%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 99.22kcal (4.96%), Fat: 2.97g (4.58%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 9.99g (3.63%), Sugar: 2.37g (2.63%), Cholesterol: 13.35mg (4.45%), Sodium: 166.61mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin A: 804.53IU (16.09%), Vitamin B1: 0.17mg (11.3%), Selenium: 7.74µg (11.06%), Vitamin B3: 1.98mg (9.88%), Vitamin B6: 0.19mg (9.63%), Phosphorus: 87.68mg (8.77%), Manganese: 0.16mg (7.96%), Fiber: 1.85g (7.4%), Vitamin C: 5.7mg (6.91%), Potassium: 208.26mg (5.95%), Vitamin B2: 0.09mg (5.05%), Magnesium: 19.34mg (4.83%), Folate: 18.61µg (4.65%), Iron: 0.83mg (4.6%), Copper: 0.09mg (4.47%), Zinc: 0.59mg (3.95%), Calcium: 28.01mg (2.8%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.72µg (2.59%), Vitamin E: 0.35mg (2.34%), Vitamin B12: 0.11µg (1.84%)