



Roasted Chili Verde with Pork and Rice



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound pork shoulder boneless trimmed cut into 1-inch pieces (Boston butt)
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 2 tablespoons cooking oil divided
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic chopped
- ☐ 1 jalapeno chopped
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 cup onion divided chopped
- ☐ 1 cup rice long-grain uncooked
- ☐ 1 teaspoon sugar
- ☐ 1.5 pounds tomatillos
- ☐ 1 cup water

Equipment

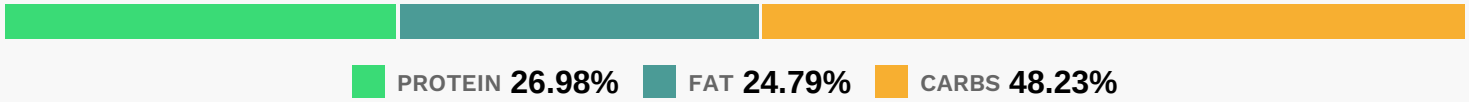
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler to high.
- ☐ Place tomatillos on a baking sheet or jelly-roll pan coated with cooking spray. Broil 8 inches from broiler for 15 minutes or until skins blacken and tomatillos are soft.
- ☐ Place tomatillos, pan juices, 3/4 cup onion, and next 4 ingredients (through chopped jalapeo) in a blender or a food processor; process until sauce is almost smooth.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Sprinkle pork evenly with 1/4 teaspoon salt and black pepper.
- ☐ Add pork to pan. Saut 6 minutes, turning to brown on all sides.
- ☐ Add tomatillo mixture to pan; bring to a boil. Cover, reduce heat, and simmer 1 hour or until pork is very tender, stirring occasionally.
- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.

- ☐
- Add remaining 1/4 cup onion; saut 2 minutes or until soft.
- ☐
- Add rice; saut 3 minutes, stirring frequently.
- ☐
- Add remaining 1/4 teaspoon salt, tomatoes, and 1 cup water to pan; bring to a boil. Cover and simmer 15 minutes or until liquid evaporates and rice is tender; do not stir. Divide rice among 4 plates. Top with pork mixture; garnish with sliced jalapeo and cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:80.57, Glycemic Load:25.43, Inflammation Score:0, Nutrition Score:29.855217436086%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg, Quercetin: 8.85mg

Nutrients (% of daily need)

Calories: 475.46kcal (23.77%), Fat: 13.17g (20.26%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 51.6g (18.76%), Sugar: 12.72g (14.13%), Cholesterol: 68.04mg (22.68%), Sodium: 454.9mg (19.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Vitamin B3: 15.76mg (78.78%), Vitamin B1: 0.92mg (61.03%), Vitamin B6: 1.18mg (58.96%), Selenium: 37.97µg (54.24%), Manganese: 1.01mg (50.5%), Phosphorus: 417.37mg (41.74%), Vitamin C: 34.27mg (41.54%), Vitamin B2: 0.66mg (39.02%), Potassium: 1225.4mg (35.01%), Vitamin K: 30.11µg (28.68%), Copper: 0.49mg (24.37%), Fiber: 6.05g (24.2%), Magnesium: 95.21mg (23.8%), Zinc: 3.38mg (22.56%), Vitamin B5: 2.11mg (21.11%), Vitamin E: 3.06mg (20.4%), Iron: 3.51mg (19.48%), Vitamin B12: 0.99µg (16.44%), Vitamin A: 453.12IU (9.06%), Folate: 34.05µg (8.51%), Calcium: 72.41mg (7.24%)