



HEALTH SCORE

64%

Slow-Cooker Beer-Braised Pork and Black Bean Soup



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce lager (preferably lager)
- ☐ 1 tablespoon chipotles in adobo canned chopped
- ☐ 1 pound black beans dried rinsed
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon ground cumin
- ☐ 6 servings kosher salt
- ☐ 1 large onion chopped

- ☐ 1.5 pounds boston butt pork shoulder boneless (pork shoulder)
- ☐ 0.5 cup salsa fresh refrigerated store-bought
- ☐ 0.5 cup cream sour

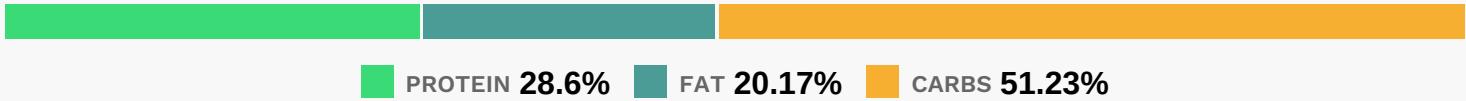
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 300 F. Follow the recipe above using a Dutch oven or large casserole.
- ☐ Bake, covered, until the pork pulls apart easily, 4 hours.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:29.537391206493%

Flavonoids

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Nutrients (% of daily need)

Calories: 466.23kcal (23.31%), Fat: 9.87g (15.19%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 43.6g (15.86%), Sugar: 4.32g (4.8%), Cholesterol: 57.65mg (19.22%), Sodium: 404.64mg (17.59%), Alcohol: 4.42g (100%), Alcohol %: 1.71% (100%), Protein: 31.5g (63%), Folate: 353.13µg (88.28%), Vitamin B1: 1.32mg (88.2%), Fiber: 12.84g (51.35%), Phosphorus: 452.45mg (45.24%), Manganese: 0.89mg (44.6%), Potassium: 1513.46mg (43.24%), Magnesium: 159.67mg (39.92%), Copper: 0.74mg (37.02%), Selenium: 24.56µg (35.08%), Zinc: 5.11mg (34.08%), Vitamin B6: 0.63mg (31.69%), Iron: 5.11mg (28.41%), Vitamin B3: 5.33mg (26.64%), Vitamin B2:

0.44mg (25.85%), Vitamin B5: 1.44mg (14.37%), Calcium: 142.05mg (14.21%), Vitamin B12: 0.64µg (10.73%), Vitamin K: 7.62µg (7.25%), Vitamin A: 290.26IU (5.81%), Vitamin C: 3.19mg (3.87%), Vitamin E: 0.53mg (3.52%)