



Slow Cooker Chile Verde



Gluten Free



Dairy Free



Popular

READY IN



500 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds boston butt pork shoulder boneless cubed
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 cloves garlic minced
- ☐ 35 ounce salsa green canned
- ☐ 4 ounce jalapeño peppers diced canned
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion chopped

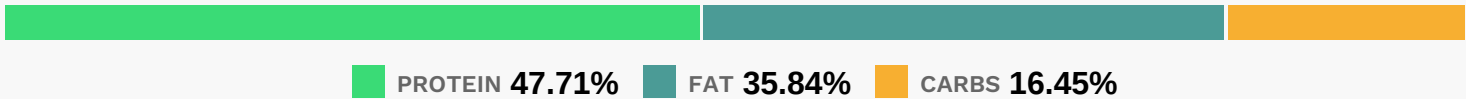
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Heat the oil in a large skillet or Dutch oven over medium heat.
- ☐ Add the onion and garlic; cook and stir until fragrant.
- ☐ Add the cubed pork, and cook until browned on the outside.
- ☐ Transfer the pork, onions, and garlic to a slow cooker, and stir in the green salsa, jalapeno peppers, and tomatoes.
- ☐ Cover, and cook on High for 3 hours. Reduce the setting to Low, and cook for 4 to 5 more hours.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:26.893478238064%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 346.4kcal (17.32%), Fat: 13.18g (20.27%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 12.04g (4.38%), Sugar: 11.03g (12.25%), Cholesterol: 102.06mg (34.02%), Sodium: 1052.51mg (45.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.94%), Vitamin B3: 17.16mg (85.79%), Vitamin B1: 1.15mg (76.5%), Vitamin B6: 1.39mg (69.29%), Selenium: 44.41µg (63.44%), Vitamin B2: 0.83mg (48.89%), Phosphorus: 413.7mg (41.37%), Vitamin C: 27.23mg (33%), Potassium: 1098.11mg (31.37%), Vitamin B12: 1.48µg (24.66%), Zinc: 3.5mg (23.34%), Vitamin A: 1038.73IU (20.77%), Vitamin B5: 1.87mg (18.75%), Magnesium: 57.82mg (14.45%), Vitamin E: 2.04mg (13.63%), Iron: 2.28mg (12.67%), Copper: 0.24mg (11.8%), Vitamin K: 8.56µg (8.15%), Manganese: 0.16mg (7.85%), Fiber: 1.56g (6.24%), Calcium: 34.79mg (3.48%), Folate: 12.43µg (3.11%)