



Slow Cooker Guisado Verde

 **Gluten Free**

READY IN



450 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork shoulder boneless
- 4 sprigs cilantro leaves fresh for garnish
- 3 cloves garlic chopped
- 7 ounce chilis diced green canned
- 2 jalapeno fresh sliced
- 1 cup monterrey jack cheese shredded
- 1 large onion coarsely chopped
- 1 teaspoon oregano dried

- 4 servings salt and pepper to taste
- 0.3 cup cream sour
- 24 ounce tomatillos drained chopped canned
- 2 tablespoons vegetable oil
- 1 quart water

Equipment

- bowl
- frying pan
- slow cooker

Directions

- Heat the oil in a large skillet over medium heat, and brown the pork on all sides. Reserving the juices in the skillet, transfer the pork to a slow cooker.
- In the skillet with the pork juices over medium heat, saute the onion and garlic about 1 minute.
- Transfer to the slow cooker, along with skillet juices.
- Mix the tomatillos, green chile peppers, jalapeno peppers, and cilantro into the slow cooker. Season with oregano, salt, and pepper.
- Pour in 1 quart water, or enough to cover all ingredients. Cover, and cook on High for 6 to 7 hours.
- Shred the cooked pork with a fork. Spoon the slow cooker mixture into bowls, and top with Monterey Jack cheese, sour cream, and fresh cilantro sprigs to serve.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:42.355652057606%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 569.05kcal (28.45%), Fat: 27.84g (42.82%), Saturated Fat: 10.6g (66.27%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 12.97g (4.72%), Sugar: 9.26g (10.29%), Cholesterol: 169.7mg (56.57%), Sodium: 703.94mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.09g (122.19%), Vitamin B3: 25.47mg (127.36%), Vitamin B1: 1.58mg (105.11%), Vitamin B6: 1.93mg (96.56%), Selenium: 64.72µg (92.46%), Vitamin B2: 1.29mg (75.71%), Phosphorus: 745.46mg (74.55%), Vitamin C: 49.39mg (59.86%), Potassium: 1509.11mg (43.12%), Vitamin K: 42.09µg (40.08%), Zinc: 5.88mg (39.23%), Vitamin B12: 2.24µg (37.3%), Calcium: 301.14mg (30.11%), Magnesium: 113.7mg (28.42%), Vitamin B5: 2.73mg (27.3%), Iron: 4.31mg (23.93%), Manganese: 0.42mg (21.22%), Fiber: 5.23g (20.92%), Copper: 0.39mg (19.46%), Vitamin A: 798.09IU (15.96%), Folate: 56.29µg (14.07%), Vitamin E: 1.92mg (12.79%), Vitamin D: 0.17µg (1.13%)