



Smokin' Chipotle Pork Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 chiles in adobo sauce
- 12 ounce beer canned
- 1.5 pounds pork shoulder boneless cut into one-inch cubes
- 2 teaspoons ground cumin to taste
- 2 medium onion diced
- 4 servings salt and pepper freshly ground to taste
- 2 tablespoons vegetable oil

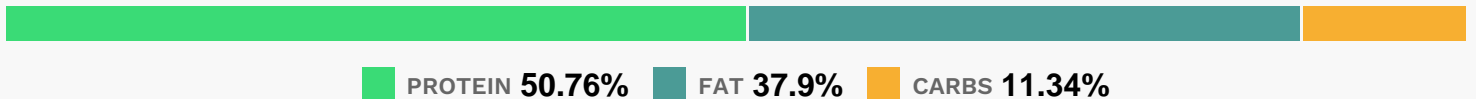
Equipment

- bowl
- pot
- dutch oven
- cutting board

Directions

- Heat a large Dutch oven over medium-high heat until very hot, about two minutes.
- Add the oil.
- Add the pork and cook, in batches if necessary, until browned on all sides.
- Transfer the pork to a bowl and set aside.
- Reduce the heat to low.
- Add the onions, stirring to scrape up the browned bits from the bottom of the pot. Cover with a tight-fitting lid and cook, stirring occasionally, until the onions are golden and slightly browned around the edges, about 10 minutes.
- Add the reserved pork, beer, chipotles, adobo sauce, cumin, salt, and pepper; stir until combined. Simmer, covered, stirring occasionally, until the pork is fork-tender, about 1 1/2 hours.
- Tip
- Serve this dish as a stew or transfer the pork to a cutting board. With two forks, shred the chunks into small pieces and use as a filling for tacos or sandwiches.
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Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:2.37, Inflammation Score:-6, Nutrition Score:23.795651678158%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg,

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 341.84kcal (17.09%), Fat: 13.12g (20.19%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.77g (2.83%), Sugar: 2.38g (2.64%), Cholesterol: 102.06mg (34.02%), Sodium: 507.32mg (22.06%), Alcohol: 3.32g (100%), Alcohol %: 1.32% (100%), Protein: 39.54g (79.08%), Vitamin B3: 16.88mg (84.42%), Vitamin B1: 1.13mg (75.56%), Vitamin B6: 1.34mg (66.88%), Selenium: 44.76µg (63.94%), Vitamin B2: 0.83mg (48.87%), Phosphorus: 422.84mg (42.28%), Vitamin B12: 1.5µg (24.95%), Zinc: 3.47mg (23.14%), Potassium: 766.49mg (21.9%), Vitamin B5: 1.77mg (17.73%), Magnesium: 58.78mg (14.7%), Iron: 2.35mg (13.07%), Vitamin K: 12.88µg (12.26%), Copper: 0.16mg (8.21%), Manganese: 0.14mg (6.77%), Vitamin E: 0.77mg (5.13%), Vitamin C: 4.22mg (5.11%), Fiber: 1.06g (4.22%), Folate: 15.77µg (3.94%), Calcium: 38.93mg (3.89%)