



HEALTH SCORE

57%

Southwestern Green Chile with Pork Stew



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans undrained canned
- ☐ 15 ounce kidney beans drained canned
- ☐ 43.5 ounce chicken broth canned
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 8 chile peppers green chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 onion chopped

- ☐ 2 pounds pork loin cut into 1 inch cubes
- ☐ 4 potatoes cubed peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 4 cups water

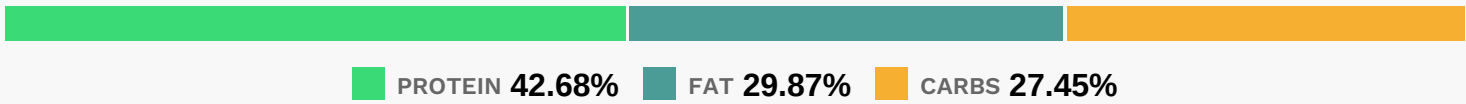
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium high heat, combine the oil and onion and saute for 5 minutes, or until onions are tender. Dredge the pork in the flour and add to the pot.
- ☐ Saute quickly until browned.
- ☐ Add the broth, water, potatoes and chile peppers. Bring to a boil and reduce heat to low. Simmer for 15 minutes, or until potatoes are tender.
- ☐ Add the black beans, kidney beans, garlic, and salt and pepper to taste. Simmer for 30 minutes or more.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:20.96, Inflammation Score:-7, Nutrition Score:33.545217596966%

Flavonoids

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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 702.47kcal (35.12%), Fat: 22.88g (35.2%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 36.52g (13.28%), Sugar: 3.93g (4.36%), Cholesterol: 148.52mg (49.51%), Sodium: 1495.71mg (65.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 73.55g (147.1%), Selenium: 64.25µg (91.78%), Vitamin

B6: 1.57mg (78.44%), Phosphorus: 679.6mg (67.96%), Vitamin B3: 12.41mg (62.07%), Vitamin B1: 0.79mg (52.55%),
Zinc: 6.92mg (46.16%), Fiber: 10.78g (43.13%), Potassium: 1443.28mg (41.24%), Vitamin C: 29.61mg (35.89%),
Vitamin B12: 2.12µg (35.33%), Vitamin B2: 0.54mg (31.95%), Iron: 5.56mg (30.91%), Magnesium: 122.38mg (30.6%),
Manganese: 0.54mg (26.99%), Copper: 0.48mg (23.86%), Folate: 83.31µg (20.83%), Vitamin B5: 1.38mg (13.85%),
Vitamin K: 11.01µg (10.48%), Vitamin E: 1.43mg (9.51%), Calcium: 84.14mg (8.41%), Vitamin A: 277.48IU (5.55%),
Vitamin D: 0.61µg (4.05%)