



Southwestern Pork and Sweet Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 12 ounce beer dark such as Dos Equis Ambar
- ☐ 2.5 pounds pork shoulder boneless trimmed Boston butt
- ☐ 1 stick cinnamon sticks 4-inch
- ☐ 2 garlic cloves
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno stemmed
- ☐ 7 ounces onion peeled quartered

- ☐ 1 teaspoon salt
- ☐ 3 cups sweet potatoes and into cubed peeled 1-inch 1 pound

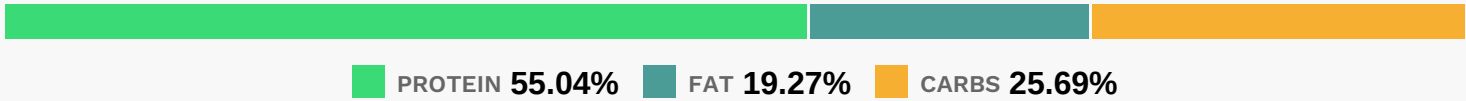
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place first 6 ingredients in a food processor; process 1 minute or until a thick paste forms.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes, browning on all sides.
- ☐ Remove pork from pan.
- ☐ Add chile mixture to pan; cook 2 minutes or until fragrant, stirring occasionally. Stir in beer, scraping pan to loosen browned bits.
- ☐ Add pork and cinnamon; bring to a simmer. Cover, reduce heat, and simmer 2 hours or until pork is tender.
- ☐ Remove pork from pan; shred into large pieces with 2 forks. Stir shredded pork and sweet potato into pan; cover and simmer for 20 minutes or until potato is tender. Discard cinnamon stick.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:24.69, Glycemic Load:6.18, Inflammation Score:0, Nutrition Score:26.383912946867%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.24mg,

Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 260.4kcal (13.02%), Fat: 5.23g (8.04%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 12.74g (4.63%), Sugar: 3.38g (3.75%), Cholesterol: 85.05mg (28.35%), Sodium: 430.8mg (18.73%), Alcohol: 1.66g (100%), Alcohol %: 0.79% (100%), Protein: 33.6g (67.19%), Vitamin A: 7692.66IU (153.85%), Vitamin B3: 14.41mg (72.06%), Vitamin B1: 0.98mg (65.04%), Vitamin B6: 1.24mg (61.86%), Selenium: 37.8µg (54%), Vitamin B2: 0.73mg (42.87%), Phosphorus: 370.32mg (37.03%), Potassium: 804.35mg (22.98%), Vitamin B12: 1.24µg (20.7%), Zinc: 3.08mg (20.52%), Vitamin B5: 1.87mg (18.68%), Manganese: 0.32mg (15.88%), Magnesium: 58.97mg (14.74%), Iron: 2.19mg (12.19%), Fiber: 2.94g (11.75%), Copper: 0.22mg (11.09%), Vitamin E: 1.09mg (7.28%), Vitamin C: 5.39mg (6.54%), Calcium: 47.35mg (4.73%), Folate: 13.86µg (3.46%), Vitamin K: 3.6µg (3.43%)