



## Spicy Pork Chimichurri-Style Casserole



Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 12 oz grands flaky refrigerator biscuits refrigerated golden layers® canned (10 biscuits)
- ☐ 0.3 teaspoon pepper black
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 tablespoons olives
- ☐ 1 large onion halved cut into 1/2-inch-thick wedges
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 1 lb pork tenderloin cut into 3/4-inch cubes
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2.5 cups potatoes – remove skin red unpeeled quartered
- ☐ 1 teaspoon salt
- ☐ 0.8 lb sweet potatoes and into peeled cut into 1 1/2-inch pieces (3 cups) ( 2 medium)

## Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

## Directions

- ☐ Heat oven to 350F. In 3- or 4-quart ovenproof Dutch oven, heat oil over medium-high heat. In large shallow bowl, mix flour, salt, paprika and black pepper. Stir in pork until evenly coated.
- ☐ Add to hot oil; cook and stir until evenly browned.
- ☐ Add remaining ingredients except biscuits and cilantro, including any unused flour mixture; mix well.
- ☐ If handles of Dutch oven are not ovenproof, wrap them in foil. Cover Dutch oven; bake 40 minutes.
- ☐ Remove Dutch oven from oven; increase oven temperature to 375F.
- ☐ Separate dough into 10 biscuits; arrange on top of hot pork mixture.
- ☐ Bake uncovered 14 to 18 minutes longer or until biscuits are golden brown.
- ☐ Sprinkle with cilantro before serving.

## Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:36.52, Inflammation Score:-10, Nutrition Score:34.871739035067%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg, Myricetin: 1.83mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 590.31kcal (29.52%), Fat: 22.09g (33.98%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 71.98g (23.99%), Net Carbohydrates: 66.24g (24.09%), Sugar: 20.02g (22.24%), Cholesterol: 60.61mg (20.2%), Sodium: 1164.29mg (50.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.08g (52.17%), Vitamin A: 10990.79IU (219.82%), Vitamin K: 222.28µg (211.69%), Vitamin B1: 1.29mg (85.96%), Vitamin B6: 1.05mg (52.27%), Selenium: 34.17µg (48.82%), Vitamin B3: 9.76mg (48.79%), Vitamin B2: 0.67mg (39.68%), Manganese: 0.79mg (39.67%), Phosphorus: 349.93mg (34.99%), Vitamin C: 25.48mg (30.88%), Iron: 5.48mg (30.46%), Potassium: 997.04mg (28.49%), Folate: 104.91µg (26.23%), Fiber: 5.74g (22.97%), Magnesium: 77.34mg (19.33%), Vitamin E: 2.83mg (18.85%), Copper: 0.37mg (18.49%), Zinc: 2.71mg (18.09%), Vitamin B5: 1.77mg (17.66%), Calcium: 104.65mg (10.47%), Vitamin B12: 0.49µg (8.14%), Vitamin D: 0.27µg (1.81%)