



Tequila Pork Chile Verde

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



242 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon ancho chili powder
- ☐ 2 teaspoons canola oil
- ☐ 4.5 ounce pepper flakes green drained chopped canned
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 pound pork tenderloins trimmed cut into 3/4-inch pieces

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tequila
- ☐ 12 ounces tomatillos fresh coarsely chopped
- ☐ 3 tablespoons cornmeal yellow

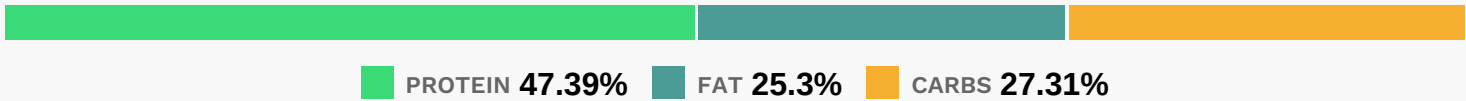
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Combine cornmeal and chile powder in a medium bowl.
- ☐ Add pork, tossing to coat.
- ☐ Remove pork from bowl, reserving any remaining cornmeal mixture.
- ☐ Add pork to pan; saut 5 minutes or until browned. Stir in remaining cornmeal mixture; cook 30 seconds, stirring constantly. Stir in tomatillos, broth, chiles, and jalapeo; bring to a simmer over medium-low heat. Cook 8 minutes or until tomatillos are tender. Stir in onions and remaining ingredients; simmer 1 minute.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:4.55, Inflammation Score:-8, Nutrition Score:27.845652051594%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 242.24kcal (12.11%), Fat: 6.41g (9.85%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 11.61g (4.22%), Sugar: 5.89g (6.54%), Cholesterol: 73.71mg (24.57%), Sodium: 650.73mg (28.29%),

Alcohol: 2.51g (100%), Alcohol %: 0.87% (100%), Protein: 27g (53.99%), Vitamin B1: 1.24mg (82.4%), Vitamin C: 62.57mg (75.84%), Vitamin B6: 1.21mg (60.7%), Selenium: 38.65µg (55.22%), Vitamin B3: 10.64mg (53.22%), Vitamin K: 46.23µg (44.03%), Phosphorus: 367.08mg (36.71%), Vitamin B2: 0.51mg (29.76%), Potassium: 924.57mg (26.42%), Vitamin A: 1223.41IU (24.47%), Zinc: 2.81mg (18.76%), Magnesium: 70.25mg (17.56%), Manganese: 0.33mg (16.46%), Iron: 2.89mg (16.07%), Fiber: 3.95g (15.79%), Vitamin E: 2.15mg (14.35%), Copper: 0.28mg (14.17%), Vitamin B5: 1.36mg (13.59%), Vitamin B12: 0.78µg (12.95%), Folate: 26.96µg (6.74%), Calcium: 37.29mg (3.73%), Vitamin D: 0.23µg (1.51%)