



## Beef Pozole with Cheddar Cheese

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 ancho chile stemmed seeded
- 2 lb beef for stew, cut into 1-inch cubes
- 8 cups beef broth
- 14 oz regular corn drained canned
- 14 oz canned tomatoes diced drained canned
- 1 tsp ground cumin
- 3 guajillo chiles whole stemmed seeded
- 30 oz hominy drained canned

- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 8 oz sharp cheddar cheese cut into 16 slices kraft

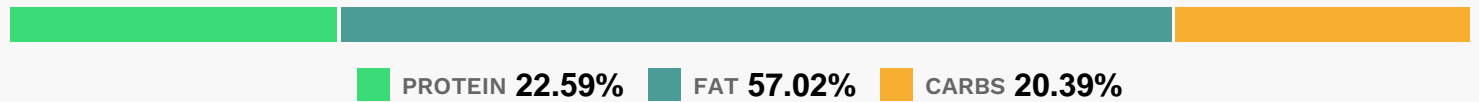
## Equipment

- bowl
- pot
- blender

## Directions

- Place peppers in small bowl.
- Add enough hot water to cover peppers; let stand 20 minutes or until softened.
- Place peppers and 1/2 cup of the reserved soaking water in blender container; cover. Blend until pureed. Set aside.
- Heat dressing in large stew pot on medium-high heat.
- Add meat and cumin; cook and stir 5 minutes or until meat is evenly browned.
- Add pepper puree and beef broth; mix well. Bring to boil. Reduce heat to medium-low; simmer 30 minutes.
- Add tomatoes, hominy and corn; mix well. Simmer an additional 30 minutes, stirring frequently.
- Place cheese in bottoms of bowls; cover with stew.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:21.789130361184%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 579.18kcal (28.96%), Fat: 36.49g (56.14%), Saturated Fat: 14.92g (93.27%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 24.55g (8.93%), Sugar: 6.34g (7.05%), Cholesterol: 108.86mg (36.29%), Sodium: 1751.29mg (76.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Vitamin B12: 2.9µg (48.25%), Zinc: 7.18mg (47.87%), Selenium: 30.31µg (43.3%), Phosphorus: 418.58mg (41.86%), Vitamin B3: 7.97mg (39.85%), Vitamin A: 1855.49IU (37.11%), Calcium: 268.09mg (26.81%), Vitamin B2: 0.45mg (26.69%), Vitamin B6: 0.52mg (26.1%), Iron: 4.43mg (24.62%), Potassium: 734.99mg (21%), Fiber: 4.81g (19.25%), Magnesium: 65.94mg (16.49%), Vitamin K: 14.65µg (13.96%), Manganese: 0.24mg (11.79%), Folate: 41.04µg (10.26%), Vitamin B5: 1.01mg (10.11%), Vitamin E: 1.42mg (9.44%), Vitamin C: 7.29mg (8.84%), Copper: 0.18mg (8.83%), Vitamin B1: 0.1mg (6.83%), Vitamin D: 0.28µg (1.89%)