



Chicken Posole



Gluten Free



Dairy Free

READY IN



435 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced with juices canned
- ☐ 0.5 tablespoon chipotles in adobo canned minced seeded
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 1.5 teaspoons cumin
- ☐ 3 cloves garlic finely chopped
- ☐ 30 oz hominy white yellow drained canned
- ☐ 1 cup chicken broth low-sodium
- ☐ 4 servings salt

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1.5 pounds chicken thighs boneless skinless trimmed cut into 1/2-inch pieces

Equipment

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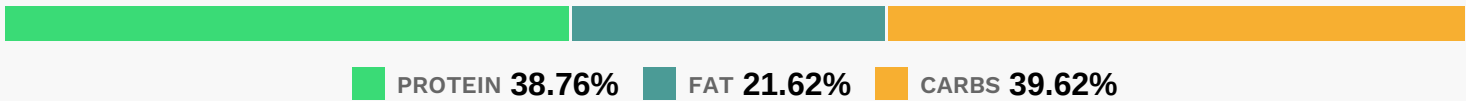
slow cooker

Directions

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Combine hominy, diced tomatoes, chicken broth, chipotle chili, garlic, cumin and chicken in a slow cooker. Cover and cook on low heat setting until chicken is cooked through and flavors have developed, 5 to 7 hours. Just before serving, stir in cilantro and season with salt.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:23.338260961616%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 405.29kcal (20.26%), Fat: 9.68g (14.9%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 39.92g (13.31%), Net Carbohydrates: 32.33g (11.76%), Sugar: 8.63g (9.59%), Cholesterol: 161.59mg (53.86%), Sodium: 1233.83mg (53.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.05g (78.11%), Selenium: 45.8µg (65.43%), Vitamin B3: 11.69mg (58.43%), Vitamin B6: 0.96mg (47.95%), Phosphorus: 450.37mg (45.04%), Zinc: 5.22mg (34.79%), Fiber: 7.59g (30.35%), Vitamin B5: 2.67mg (26.69%), Iron: 4.72mg (26.25%), Magnesium: 97.65mg (24.41%), Potassium: 811.24mg (23.18%), Vitamin B2: 0.39mg (22.95%), Manganese: 0.43mg (21.4%), Copper: 0.39mg (19.55%), Vitamin B12: 1.15µg (19.13%), Vitamin B1: 0.25mg (16.39%), Vitamin C: 10.27mg (12.45%), Vitamin E: 1.73mg (11.53%), Vitamin K: 11.5µg (10.96%), Calcium: 85.18mg (8.52%), Vitamin A: 287.22IU (5.74%), Folate: 22.56µg (5.64%)