



Chicken Pozole

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon chopped
- 15 oz chicken broth canned
- 0.5 cup cilantro leaves chopped
- 4 oz colby cheese cubed kraft ()
- 1 Tbsp epazote leaves dried
- 15 oz hominy drained canned
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 limes cut into wedges

- 4 oz monterrey jack cheese cubed kraft ()
- 0.5 cup onion chopped
- 5 jalapeño peppers seeded chopped
- 2 lb chicken breasts boneless skinless cut into 1-inch pieces
- 2 small zucchini chopped

Equipment

- bowl
- sauce pan

Directions

- Heat dressing in large saucepan on medium-high heat.
- Add onion, bacon and peppers; cook 5 to 8 min. or until vegetables are softened and bacon is cooked.
- Add chicken, broth, hominy and epazote. Bring to boil; cover. Reduce heat to simmer; cook 15 min.
- Add zucchini and cilantro; cook 5 min.
- Place cheese cubes in bottom of bowls; top with stew.
- Garnish with lime wedges and additional cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:4.09, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:6.1508694731671%

Flavonoids

Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 116.07kcal (5.8%), Fat: 6.05g (9.31%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.36g (1.51%), Cholesterol: 31.11mg (10.37%), Sodium: 229.18mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.19%), Vitamin C: 16.54mg (20.05%), Selenium: 12.7µg (18.14%), Vitamin B3: 3.29mg (16.43%), Vitamin B6: 0.29mg (14.45%), Phosphorus: 119.82mg (11.98%), Zinc: 0.88mg (5.85%), Calcium: 55.92mg (5.59%), Potassium: 188.39mg (5.38%), Vitamin B2: 0.08mg (4.68%), Vitamin B5: 0.47mg (4.66%), Vitamin K: 4.69µg (4.47%), Magnesium: 16.76mg (4.19%), Vitamin B12: 0.25µg (4.1%), Vitamin A: 182.9IU (3.66%), Fiber: 0.81g (3.25%), Vitamin B1: 0.04mg (2.94%), Iron: 0.52mg (2.87%), Manganese: 0.05mg (2.57%), Copper: 0.04mg (2%), Vitamin E: 0.29mg (1.91%), Folate: 6.77µg (1.69%)