



Chicken Pozole

 **Gluten Free**  **Popular**

READY IN



135 min.

SERVINGS



6

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 meat from a rotisserie chicken whole cut into parts
- 6 servings salt
- 1 onion red sliced in half
- 105 ounces 6-pound 9-ounce hominy drained and rinsed canned
- 4 large cloves garlic peeled
- 1 tablespoons oregano dried (Mexican oregano if you have it)
- 0.3 cabbage whole thinly sliced
- 1 tomatoes cored chopped

- 1 avocado peeled chopped
- 1 onion red peeled chopped
- 1 large bunch cilantro leaves chopped
- 1 large bunch watercress chopped
- 6 servings mexican cheese blend sliced
- 6 servings several radishes red thinly sliced
- 2 limes cut into wedges
- 6 servings serrano chiles seeded chopped
- 6 servings tortilla chips

Equipment

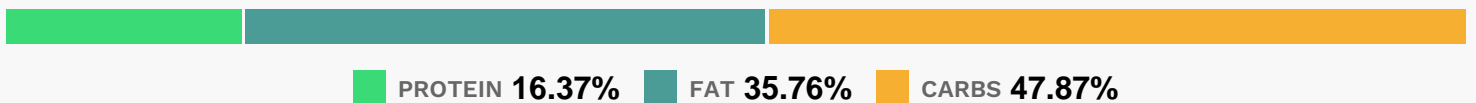
- bowl
- pot
- blender

Directions

- Place chicken pieces in a large pot, cover with about 3 quarts of water.
- Add one onion, sliced in half, and 1 teaspoon of salt. Bring to a boil, reduce heat to a simmer.
- Simmer uncovered until the chicken is tender and cooked through, about 20-30 minutes.
- Pull apart the chicken meat:
- Remove chicken from pot, let cool so that it is cool enough to handle. Use a fork to pull chicken meat away from the bones.
- Continue to simmer the bones: Set the meat aside and return the bones to the stock pot. Continue to simmer the bones, uncovered, for another half an hour.
- Blend some of the hominy with some stock and garlic: Take 4 cups of the hominy (about half of the can), and place into a blender. Scoop 2 cups of the chicken stock from the stock pot and add it to the blender.
- Add 4 peeled cloves of garlic to the blender.
- Place the lid on the blender, cover with a towel so that you don't get burned, hold down the cover and blend until completely puréed.

- Skim foam, remove solids from stock, add hominy, oregano: Skim foam and excess fat from the top of the surface of the stock.
- Remove the bones and any solids from the stock pot and discard.
- Pour in the blended hominy to the pot.
- Add the remaining whole hominy to the pot.
- Add 2 tablespoons of crumbled dried oregano. Bring to a simmer and cook for an additional 20 minutes.
- Prepare garnishes: While the hominy is cooking in the stock, prepare the garnishes. Arrange on a large platter or in several small bowls.
- Add shredded chicken back to pot: Right before serving, shred or chop the cooked chicken meat and add it back to the pot.
- Add salt to taste.
- Serve pozole in individual bowls topped with the garnishes of your choice.
- Serve with tostadas (flat fried corn tortillas) or tortilla chips.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:32.057391270347%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

Nutrients (% of daily need)

Calories: 869.58kcal (43.48%), Fat: 34.77g (53.49%), Saturated Fat: 7.83g (48.92%), Carbohydrates: 104.74g (34.91%), Net Carbohydrates: 84.73g (30.81%), Sugar: 14.35g (15.95%), Cholesterol: 96.17mg (32.06%), Sodium: 2129.86mg (92.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.63%), Fiber: 20.02g (80.08%), Vitamin K: 67.1µg (63.9%), Zinc: 7.92mg (52.77%), Vitamin C: 43.08mg (52.21%), Selenium: 35.79µg (51.13%), Vitamin B3: 10.15mg (50.76%), Phosphorus: 493.92mg (49.39%), Vitamin B6: 0.81mg (40.5%), Magnesium: 160.05mg (40.01%), Manganese: 0.69mg (34.27%), Iron: 5.86mg (32.55%), Vitamin B5: 3.05mg (30.49%), Potassium: 865.55mg (24.73%), Folate: 89.27µg (22.32%), Copper: 0.4mg (19.84%), Vitamin B2: 0.32mg (18.77%), Vitamin E: 2.77mg (18.49%), Calcium: 174.41mg (17.44%), Vitamin B1: 0.22mg (14.99%), Vitamin A: 709.5IU (14.19%), Vitamin B12: 0.41µg (6.76%), Vitamin D: 0.26µg (1.73%)