



Christmas Posole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



70 kcal

SIDE DISH

Ingredients

- 0.5 to 1 1/2 cup chili sauce red canned (enchilada)
- 8 cloves garlic minced
- 4 cups onions chopped
- 1 tablespoon oregano dried
- 1 teaspoon pepper
- 0.3 cup roasted poblano chilies green canned chopped
- 1.3 pounds shoulder end of pork loin (butt)
- 12 servings salt

0.8 pound posole dried

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Equipment

frying pan

Directions

Rinse dried posole and let stand in 3 quarts water at room temperature at least 8 hours or up to 1 day.

Drain.

Cut meat into 1/2-inch cubes.

In a 5- to 6-quart pan, combine pork, onions, garlic, oregano, and 1/2 cup broth. Cover and bring to a boil over high heat; reduce heat to medium and boil 20 minutes. Uncover and cook over high heat, stirring often, until juices evaporate and meat is sizzling in browned drippings, 15 to 20 minutes.

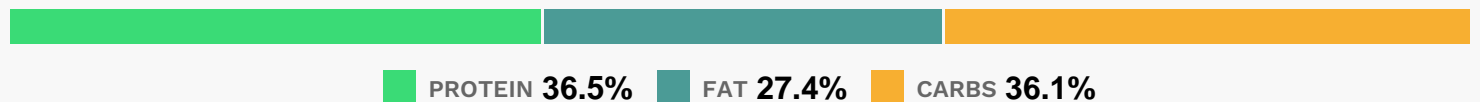
Add 3/4 cup broth, stir browned bits free, and boil until liquid evaporates, then stir pork until it's lightly browned, 10 to 15 minutes.

Add remaining broth, 5 cups water, and drained posole; stir drippings free. Bring to a boil, then cover and simmer until pork is almost tender to bite, about 1 1/2 hours; stir occasionally.

Add 1/2 cup red chili sauce, 1/3 cup poblano chilies, and pepper. Simmer, covered, until pork and posole are very tender to bite, 15 to 30 minutes longer. Stew should be soupy; if needed, add more water to thin.

Add salt and additional red chili sauce and poblano chilies to taste.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:1.45, Inflammation Score:-6, Nutrition Score:5.8126087007315%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg, Quercetin: 10.86mg

Nutrients (% of daily need)

Calories: 70.2kcal (3.51%), Fat: 2.16g (3.33%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.18g (1.88%), Sugar: 2.53g (2.81%), Cholesterol: 19.31mg (6.44%), Sodium: 219.24mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin B1: 0.29mg (19.15%), Vitamin C: 10.81mg (13.1%), Selenium: 9.1µg (13%), Vitamin B6: 0.23mg (11.72%), Phosphorus: 79.44mg (7.94%), Manganese: 0.16mg (7.8%), Zinc: 1.04mg (6.96%), Vitamin B3: 1.38mg (6.91%), Vitamin B2: 0.11mg (6.66%), Potassium: 205.25mg (5.86%), Fiber: 1.23g (4.93%), Vitamin B12: 0.24µg (4.04%), Iron: 0.71mg (3.96%), Magnesium: 14.26mg (3.57%), Vitamin K: 3.7µg (3.52%), Folate: 13.61µg (3.4%), Vitamin B5: 0.33mg (3.29%), Copper: 0.07mg (3.26%), Calcium: 28.03mg (2.8%), Vitamin A: 50.93IU (1.02%)