



Creamy Pumpkin Seed and Green Chile Posole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



329 kcal

SIDE DISH

Ingredients

- 2 ancho chili pepper dried stemmed seeded
- 1 leaves corn tortillas crumbled thinly sliced
- 4 garlic clove unpeeled
- 1 teaspoon ground cumin
- 58 oz hominy white rinsed drained canned
- 5 tsp oregano dried divided
- 3 large poblano pepper
- 1 cup roasted pumpkin seeds salted divided (pepitas)

- 1 serrano chiles
- 1.5 pounds tomatillos rinsed
- 5 cups vegetable stock
- 1 large onion yellow cut into wedges
- 1 large zucchini cut into large dice

Equipment

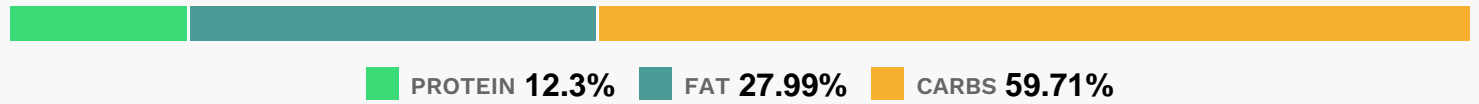
- food processor
- bowl
- baking sheet
- ladle
- oven
- pot
- broiler
- tongs

Directions

- Preheat broiler with oven rack 3 in. from heat. Set yellow onion, poblanos, serrano, tomatillos, and garlic on a rimmed baking sheet. Broil, turning, until vegetables are browned to blackened all over, 15 to 30 minutes, moving them to a bowl as browned.
- Let cool.
- Toast ancho chiles in a large pot over medium heat until fragrant, pressing down with tongs and turning occasionally, about 3 minutes. Turn off heat.
- Peel and seed poblanos and serrano. Peel garlic. Whirl serrano, garlic, onion, tomatillos and any juices, and 1/2 cup pumpkin seeds in a food processor until very smooth.
- Pour into pot with whole anchos (they'll fall apart as they cook). Coarsely chop poblanos and add to pot.
- Stir in hominy, 5 cups broth, 2 tsp. oregano, and the cumin. Cover, bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until cumin flavor is mellow, about 45 minutes. Discard any large pieces of ancho chile.

- Stir zucchini into posole and simmer just until tender, about 5 minutes. Stir in more broth if you'd like a thinner soup.
- Ladle posole into bowls and serve with remaining pumpkin seeds and oregano and other accompaniments to taste.

Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:24.765652262646%

Flavonoids

Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 328.89kcal (16.44%), Fat: 10.79g (16.6%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 39.22g (14.26%), Sugar: 15.49g (17.21%), Cholesterol: 0mg (0%), Sodium: 1350.08mg (58.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin C: 71.87mg (87.12%), Manganese: 1.27mg (63.51%), Vitamin A: 3068.89IU (61.38%), Fiber: 12.56g (50.26%), Magnesium: 158.6mg (39.65%), Phosphorus: 331.16mg (33.12%), Vitamin K: 32.62µg (31.06%), Zinc: 3.87mg (25.77%), Iron: 4.53mg (25.18%), Potassium: 793.84mg (22.68%), Copper: 0.42mg (21.05%), Vitamin B6: 0.41mg (20.25%), Vitamin B3: 3.64mg (18.2%), Vitamin B2: 0.24mg (14.06%), Selenium: 8.75µg (12.49%), Folate: 43.2µg (10.8%), Vitamin B1: 0.13mg (8.66%), Vitamin E: 1.28mg (8.56%), Vitamin B5: 0.8mg (7.99%), Calcium: 78.23mg (7.82%)