



Dinner Tonight: Squash and Mushroom Hominy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup chicken broth
- ☐ 1 pound crimini mushrooms chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 cups hominy drained
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest

- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 pound bacon diced thick-cut
- ☐ 1 cup onion yellow chopped

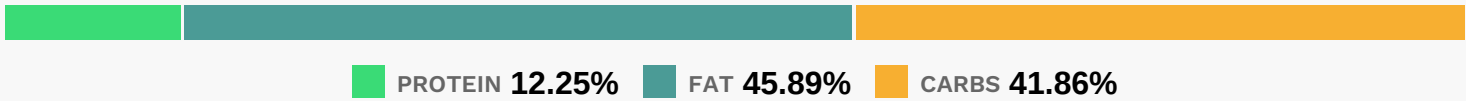
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Add bacon to 10-inch cast iron pan set over medium-high heat. Cook until firm and barely crisp, about four minutes. Turn off heat.
- ☐ Remove bacon with a slotted spoon and drain on paper towels.
- ☐ Remove all but two tablespoons of fat from skillet.
- ☐ Add olive oil to the pan and turn heat to medium. Toss in onions. Cook until translucent, four to five minutes.
- ☐ Add hominy and cook until it has absorbed most of the liquid in skillet, about five minutes.
- ☐ Pour in broth, stir well, and then add mushrooms and black pepper. Stir again, reduce heat to medium low, and cover. Cook until mushrooms have darkened, and are tender, about five minutes.
- ☐ Add squash, stir well, and then cover pan again. Simmer vigorously until squash is very tender, about five minutes.
- ☐ Remove lid, add lemon juice, and simmer until liquid is thick, about five minutes. Turn off heat, add parsley, lemon zest, and cooked bacon. Stir well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:22.158695687418%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 317.64kcal (15.88%), Fat: 16.57g (25.49%), Saturated Fat: 4.51g (28.2%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 28.12g (10.23%), Sugar: 7.18g (7.97%), Cholesterol: 19.89mg (6.63%), Sodium: 987.72mg (42.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.91%), Vitamin K: 126.01µg (120.01%), Selenium: 40.6µg (58%), Vitamin B2: 0.64mg (37.84%), Copper: 0.67mg (33.45%), Vitamin B3: 5.79mg (28.94%), Phosphorus: 254.01mg (25.4%), Fiber: 5.87g (23.49%), Zinc: 3.51mg (23.41%), Vitamin B5: 2.21mg (22.12%), Manganese: 0.4mg (20.15%), Potassium: 701.41mg (20.04%), Vitamin C: 16.48mg (19.98%), Vitamin B1: 0.23mg (15.37%), Vitamin B6: 0.27mg (13.41%), Vitamin A: 647.98IU (12.96%), Folate: 50.61µg (12.65%), Iron: 2.24mg (12.43%), Magnesium: 49.3mg (12.32%), Calcium: 62.49mg (6.25%), Vitamin E: 0.82mg (5.48%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.23µg (1.51%)