



Easy Pork Posole

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 tablespoon canola oil
- 2 cups chicken broth
- 0.3 cup cornmeal
- 0.3 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin

- 6 servings salt and ground pepper black to taste
- 30 ounce hominy drained canned
- 1 juice of lime juiced
- 1 onion diced
- 1 pound pork loin chopped
- 2 serrano peppers minced
- 2 cups water

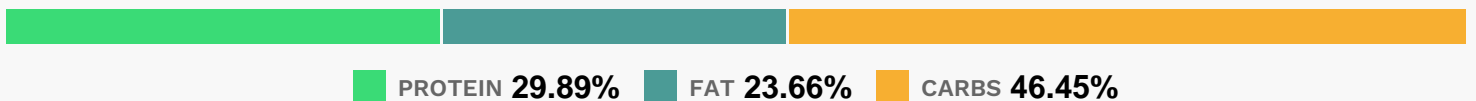
Equipment

- whisk
- pot

Directions

- Season pork with salt and pepper.
- Heat oil in a pot over medium-high heat. Cook and stir pork in hot oil until browned, 5 to 10 minutes.
- Transfer pork to a plate and return pot to heat.
- Reduce heat to medium-low. Cook and stir onion and 2 tablespoons water in hot pot until water has evaporated and onion is soft and golden brown, 5 to 7 minutes.
- Add garlic, serrano peppers, cumin, and coriander; cook and stir until fragrant, about 1 minute.
- Stir 2 cups water, chicken broth, and tomatoes into onion mixture.
- Whisk in cornmeal and bring to a simmer over high heat, stirring often; add hominy, pork, salt, and pepper to taste. Reduce heat to medium-low and cook, stirring occasionally, until onion is soft and hominy mixture thickens, about 30 minutes. Stir in cilantro and lime juice.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:4.87, Inflammation Score:-5, Nutrition Score:16.570434756901%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 291.63kcal (14.58%), Fat: 7.71g (11.86%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 27.75g (10.09%), Sugar: 7.01g (7.79%), Cholesterol: 49.19mg (16.4%), Sodium: 914.39mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.82%), Vitamin B6: 0.78mg (39.13%), Selenium: 26.92µg (38.46%), Vitamin B1: 0.45mg (29.86%), Vitamin B3: 5.69mg (28.44%), Phosphorus: 276.08mg (27.61%), Fiber: 6.31g (25.24%), Zinc: 3.43mg (22.89%), Manganese: 0.42mg (21.03%), Magnesium: 72.86mg (18.21%), Potassium: 603.57mg (17.24%), Iron: 3.1mg (17.21%), Vitamin B2: 0.25mg (14.87%), Copper: 0.28mg (14.22%), Vitamin C: 11.05mg (13.4%), Vitamin B5: 1.07mg (10.68%), Vitamin E: 1.56mg (10.4%), Vitamin K: 8.23µg (7.84%), Calcium: 67.72mg (6.77%), Vitamin B12: 0.4µg (6.69%), Vitamin A: 226.07IU (4.52%), Folate: 17.58µg (4.39%), Vitamin D: 0.3µg (2.02%)