



## Garlic Hominy

 Vegetarian  Gluten Free

READY IN



38 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 1 cup less-sodium chicken broth fat-free
- 8 garlic cloves minced
- 30 ounce hominy white drained and rinsed canned
- 1 cup onion finely chopped (1 medium)
- 0.3 teaspoon salt

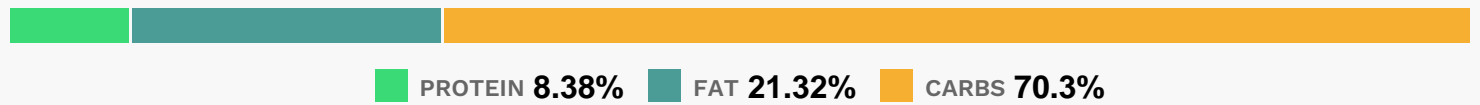
### Equipment

sauce pan

## Directions

- Heat butter in a medium saucepan over medium-high heat.
- Add onion and garlic; saut 3 minutes or until onion is almost tender.
- Add hominy and remaining ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes.
- Uncover and simmer an additional 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.75, Glycemic Load:1.4, Inflammation Score:-4, Nutrition Score:6.3565218085828%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

## Nutrients (% of daily need)

Calories: 205.71kcal (10.29%), Fat: 4.88g (7.51%), Saturated Fat: 2.08g (13.03%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 30.05g (10.93%), Sugar: 5.71g (6.35%), Cholesterol: 7.53mg (2.51%), Sodium: 1136.14mg (49.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Fiber: 6.15g (24.61%), Manganese: 0.32mg (16.17%), Zinc: 2.39mg (15.91%), Selenium: 8.72µg (12.46%), Phosphorus: 102.48mg (10.25%), Magnesium: 40.37mg (10.09%), Iron: 1.6mg (8.88%), Vitamin B6: 0.14mg (7.07%), Vitamin C: 4.83mg (5.86%), Copper: 0.11mg (5.49%), Vitamin B5: 0.49mg (4.86%), Calcium: 45.08mg (4.51%), Potassium: 121.15mg (3.46%), Vitamin B1: 0.04mg (2.74%), Folate: 10.6µg (2.65%), Vitamin B2: 0.04mg (2.56%), Vitamin B3: 0.48mg (2.39%), Vitamin B12: 0.12µg (1.99%), Vitamin A: 91.61IU (1.83%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.14µg (1.08%)