



WHATSheATE



Green Posole with Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups chicken stock see canned
- ☐ 30 ounce hominy white black rinsed drained canned
- ☐ 1 cup onion finely chopped
- ☐ 1 rotisserie chicken cut shredded
- ☐ 1 cup bottled salsa green
- ☐ 2 tablespoons vegetable oil

Equipment

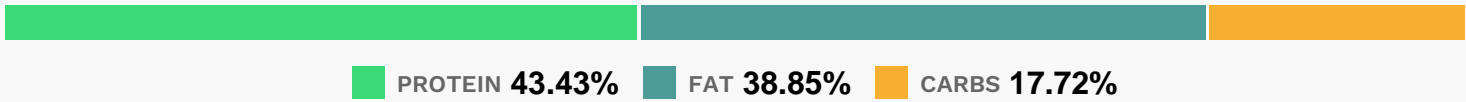
- ☐ bowl

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat the oil in a large saucepan over high heat until hot. Reduce the heat to medium, add the onion, and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the salsa and cook, stirring, for 5 minutes.
- ☐ Add the chicken broth and simmer, partially covered, for 10 minutes.
- ☐ Add the chicken and hominy and simmer until heated through.
- ☐ Add salt and pepper to taste. To serve, ladle into bowls and let everyone garnish their own portion.
- ☐ Finely chopped onion, chopped avocado,slivered radishes, chopped cucumbers, shredded napa cabbage, and tortilla chips.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Sara's Secrets For Weeknight Meals by Sara Moulton. Copyright (c) 2005, by Sara Moulton. Published by Broadway Books.A graduate of the Culinary Institute of America, Sara Moulton currently hosts the Television Food Network's brand-new series Sara's Secret's as well as Cooking Live with Sara Moulton. She also serves as executive chef for Gourmet and food editor for Good Morning America, appearing on the show frequently. She lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:11.880869546662%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 607.34kcal (30.37%), Fat: 25.64g (39.44%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 22.31g (8.11%), Sugar: 6.08g (6.76%), Cholesterol: 164.33mg (54.78%), Sodium: 1766.65mg (76.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.47g (128.94%), Selenium: 29.53µg (42.19%), Zinc: 4.95mg (33%), Phosphorus: 266.45mg (26.64%), Vitamin B12: 1.37µg (22.78%), Vitamin B3: 3.36mg (16.79%), Fiber: 4g (15.99%), Iron: 2.71mg (15.07%), Vitamin B6: 0.3mg (14.94%), Magnesium: 51.31mg (12.83%), Vitamin K: 11.87µg (11.31%), Potassium: 337.25mg (9.64%), Vitamin A: 479.27IU (9.59%), Vitamin B2: 0.15mg (8.96%), Manganese: 0.13mg (6.68%), Copper: 0.12mg (6.06%), Vitamin E: 0.88mg (5.9%), Vitamin C: 3.4mg (4.13%), Calcium: 39.44mg (3.94%), Vitamin B5: 0.25mg (2.51%), Folate: 9.22µg (2.3%), Vitamin B1: 0.02mg (1.1%)