



WHATSheATE



Hearty Chicken Posole Stew



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce canned tomatoes canned
- ☐ 0.8 teaspoon cumin
- ☐ 4 servings cilantro leaves fresh for garnish
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon chile diced green
- ☐ 15 ounce hominy rinsed drained canned
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cubed

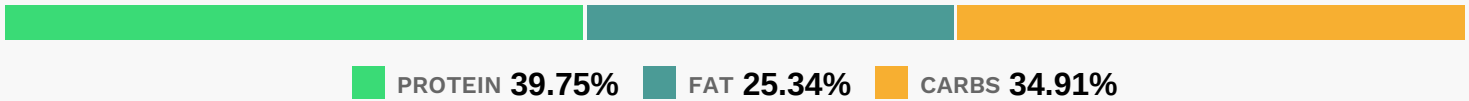
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in a 3-quart saucepan over medium heat.
- ☐ Add onions and cook until soft, 67 minutes.
- ☐ Add garlic and cook, stirring, an additional 2 minutes.
- ☐ Add chicken, cumin, and oregano and cook, stirring, until just cooked through, 5 minutes.
- ☐ Add broth, tomatoes, hominy, green chile, salt, and pepper and bring to a boil. Reduce heat, skimming foam from top of soup, and simmer 10 minutes, until liquid has thickened slightly.
- ☐ Divide among 4 bowls and serve immediately with tortilla chips alongside, if desired.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.7, Inflammation Score:-7, Nutrition Score:21.309999999461%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 321.19kcal (16.06%), Fat: 9.21g (14.17%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 23.23g (8.45%), Sugar: 7.82g (8.69%), Cholesterol: 72.57mg (24.19%), Sodium: 1014.41mg (44.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65.01%), Vitamin B3: 16.46mg (82.28%), Selenium: 40.45µg (57.79%), Vitamin B6: 1.08mg (54.1%), Phosphorus: 390.02mg (39%), Potassium: 987.29mg (28.21%), Fiber: 5.31g (21.24%), Vitamin B5: 2.11mg (21.1%), Copper: 0.4mg (19.78%), Iron: 3.4mg (18.86%), Manganese: 0.38mg (18.79%), Magnesium: 74.54mg (18.63%), Vitamin C: 13.42mg (16.26%), Zinc: 2.37mg (15.81%), Vitamin B2: 0.26mg (15.01%), Vitamin E: 2.17mg (14.45%), Vitamin B1: 0.17mg (11.3%), Vitamin K: 10.37µg (9.87%), Vitamin B12: 0.46µg (7.71%), Calcium: 76.95mg (7.69%), Folate: 23.5µg (5.88%), Vitamin A: 280.58IU (5.61%)