



Holiday Pork Posole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



16

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons ancho chili powder divided
- 6 pound boston butt pork shoulder bone-in cut into 4- to 5-inch pieces, some meat left on bone (Boston butt)
- 16 servings cilantro leaves fresh chopped
- 5 large garlic clove minced
- 60 ounce golden kiwi white drained canned
- 28 ounce chilis diced green drained canned
- 16 servings spring onion thinly sliced
- 4 teaspoons ground cumin

- 4 lime cut into 4 wedges
- 5 cups chicken broth ()
- 4 medium onion divided
- 2 tablespoons oregano dried divided (preferably Mexican)
- 7 tablespoons vegetable oil divided

Equipment

- bowl
- ladle
- oven
- pot

Directions

- Preheat oven to 350°F. Thinly slice 2 onions.
- Heat 4 tablespoons oil in heavy large ovenproof pot over medium-high heat.
- Add sliced onions to pot and sauté until onions begin to soften, about 3 minutes.
- Add 1 tablespoon plus 1 teaspoon ancho chile powder and 1 tablespoon plus 1 teaspoon oregano; stir to coat.
- Sprinkle pork with salt and add to pot.
- Add 5 cups broth. Bring to boil. Cover and transfer to oven.
- Braise pork until tender enough to shred easily, about 2 hours. Using slotted spoon, transfer pork to large bowl.
- Pour juices into another large bowl. Refrigerate separately uncovered until cool, then cover and keep chilled overnight.
- Discard fat from top of chilled juices; reserve juices. Chop pork into 1/2-inch cubes, discarding excess fat. Thinly slice remaining 2 onions.
- Heat remaining 3 tablespoons oil in heavy large pot over medium-high heat.
- Add onions; sauté until soft, stirring often, about 7 minutes.
- Add remaining 2 tablespoons plus 2 teaspoons ancho chile powder, remaining 1 tablespoon plus 1 teaspoon oregano, diced chiles, garlic, and cumin; stir 30 seconds.

- Add pork, reserved juices, and hominy. Bring to boil; reduce heat to low. Cover with lid slightly ajar and simmer 30 minutes to allow flavors to blend, adding more broth to thin, if desired. DO AHEAD: Can be made 1 day ahead. Cool slightly. Chill uncovered until cool. Cover and keep chilled. Rewarm before continuing.
- Ladle posole into bowls.
- Garnish with lime wedges, green onion, and cilantro.
- * Available in the spice section of many supermarkets and at Latin markets.
- Sangria is typically a summer drink, but it's great with this Latin-inspired menu—and it's super-festive, too. Make a red wine sangria using Zinfandel or Tempranillo and citrus fruit. For non-wine drinkers, also offer chilled Mexican beer.

Nutrition Facts



Properties

Glycemic Index: 13.48, Glycemic Load: 7.33, Inflammation Score: -9, Nutrition Score: 27.392608891363%

Flavonoids

Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 318.58kcal (15.93%), Fat: 14.9g (22.93%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 18.62g (6.77%), Sugar: 11.43g (12.7%), Cholesterol: 69.52mg (23.17%), Sodium: 339.65mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Vitamin C: 105.64mg (128.04%), Vitamin K: 72.77µg (69.3%), Vitamin B1: 0.98mg (65.54%), Selenium: 31.81µg (45.44%), Vitamin B6: 0.67mg (33.43%), Vitamin B3: 6.54mg (32.69%), Phosphorus: 297.43mg (29.74%), Vitamin B2: 0.43mg (25.29%), Zinc: 3.75mg (25.01%), Fiber: 6.16g (24.65%), Potassium: 817.69mg (23.36%), Iron: 3.51mg (19.5%), Vitamin E: 2.84mg (18.94%), Folate: 72.21µg (18.05%), Vitamin A: 846.79IU (16.94%), Copper: 0.34mg (16.93%), Vitamin B12: 0.95µg (15.76%), Magnesium: 53.23mg (13.31%), Manganese: 0.26mg (13.05%), Vitamin B5: 1.19mg (11.93%), Calcium:

111.72mg (11.17%)