



## Holiday Pork Posole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 tablespoons ancho chile 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 cloves minced
- ☐ 60 ounce golden white drained canned
- ☐ 28 ounce chiles diced green drained canned
- ☐ 16 servings green onion thinly sliced
- ☐ 4 teaspoons ground cumin

- ☐ 4 limes cut into 4 wedges
- ☐ 5 cups low-salt chicken broth ()
- ☐ 4 medium onions divided
- ☐ 2 tablespoons oregano dried divided (preferably Mexican)
- ☐ 7 tablespoons vegetable oil divided

## Equipment

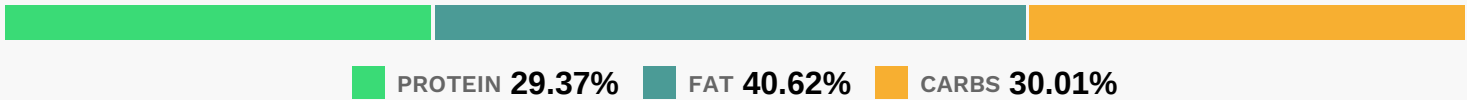
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat oven to 350°F. Thinly slice 2 onions.
- ☐ Heat 4 tablespoons oil in heavy largeovenproof pot over medium-high heat.
- ☐ Add sliced onions to pot and sauté until onionsbegin to soften, about 3 minutes.
- ☐ Add 1tablespoon plus 1 teaspoon ancho chilepowder and 1 tablespoon plus 1 teaspoonoregano; stir to coat.
- ☐ Sprinkle pork with saltand add to pot.
- ☐ Add 5 cups broth. Bring toboil. Cover and transfer to oven.
- ☐ Braise pork until tender enough toshred easily, about 2 hours. Using slottedspoon, transfer pork to large bowl.
- ☐ Pourjuices into another large bowl. Refrigerateseparately uncovered until cool, then coverand keep chilled overnight.
- ☐ Discard fat from top of chilled juices;reserve juices. Chop pork into 1/2-inchcubes, discarding excess fat. Thinly sliceremaining 2 onions.
- ☐ Heat remaining 3tablespoons oil in heavy large pot overmedium-high heat.
- ☐ Add onions; sauté untilsoft, stirring often, about 7 minutes.
- ☐ Addremaining 2 tablespoons plus 2 teaspoonsancho chile powder, remaining 1 tablespoonplus 1 teaspoon oregano, diced chiles,garlic, and cumin; stir 30 seconds.

- ☐ Addpork, reserved juices, and hominy. Bringto boil; reduce heat to low. Cover with lidslightly ajar and simmer 30 minutes toallow flavors to blend, adding more brothto thin, if desired. DO AHEAD: Can be made1 day ahead. Cool slightly. Chill uncovereduntil cool. Cover and keep chilled. Rewarmbefore continuing.
- ☐ Ladle posole into bowls.
- ☐ Garnish withlime wedges, green onion, and cilantro.
- ☐ \* Available in the spice section of manysupermarkets and at Latin markets.
- ☐ Sangria is typically asummer drink, but it's great with this Latin-inspiredmenu—and it's super-festive, too.Make a red wine sangria using Zinfandel orTempranillo and citrus fruit. For non-winedrinkers, 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: Og (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%)