



Hominy Stew With Chicken and Chiles

 Gluten Free  Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 1 ounce pepper flakes dried stemmed seeded (3)
- ☐ 1 cup wine dry white
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 spring onion sliced
- ☐ 29 ounce hominy white drained and rinsed canned
- ☐ 1 teaspoon kosher salt
- ☐ 2 lime quartered

- ☐ 1 tablespoon olive oil
- ☐ 1 large onion red halved sliced
- ☐ 2 cups chicken smoked shredded cooked
- ☐ 1 tomatoes seeded coarsely chopped

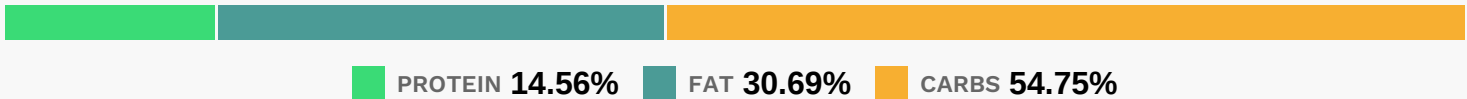
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ spatula

Directions

- ☐ Heat oil in a 4-quart pot over medium-high heat.
- ☐ Add chiles, and cook 30 seconds per side, flattening with a spatula.
- ☐ Remove from pot.
- ☐ Add onion and tomato to pot, and cook 10 minutes or until softened. Stir in hominy, chicken broth, kosher salt, and chiles. Bring mixture to a boil; reduce heat, cover, and simmer 10 minutes.
- ☐ Remove from heat.
- ☐ Puree mixture, in batches, in a blender or food processor; transfer to a mixing bowl.
- ☐ Bring wine to a boil in cooking pot over medium-high heat. Stir in chicken; cook 5 minutes. Stir in pureed chile mixture. Reheat, if necessary.
- ☐ Serve with chopped fresh cilantro, sliced green onions, and lime wedges.
- ☐ Reprinted from The Lee Bros. Simple Fresh Southern by Matt Lee and Ted Lee. Copyright 2009 by Matt Lee and Ted Lee. Published by Clarkson Potter, a division of Random House, Inc.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:8.9417390713225%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 9.76mg, Hesperetin: 9.76mg, Hesperetin: 9.76mg, Hesperetin: 9.76mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 222.2kcal (11.11%), Fat: 6.73g (10.36%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 22.16g (8.06%), Sugar: 5.65g (6.27%), Cholesterol: 16.69mg (5.56%), Sodium: 1460.45mg (63.5%), Alcohol: 4.12g (100%), Alcohol %: 1.22% (100%), Protein: 7.19g (14.37%), Vitamin C: 19.23mg (23.31%), Vitamin K: 21.15µg (20.14%), Fiber: 4.87g (19.49%), Manganese: 0.29mg (14.61%), Zinc: 1.97mg (13.11%), Selenium: 7.63µg (10.91%), Phosphorus: 107.15mg (10.72%), Magnesium: 39.18mg (9.79%), Vitamin B3: 1.95mg (9.77%), Iron: 1.64mg (9.08%), Vitamin B2: 0.15mg (8.98%), Vitamin B6: 0.17mg (8.38%), Vitamin A: 406.89IU (8.14%), Potassium: 240.06mg (6.86%), Copper: 0.12mg (6.15%), Vitamin B1: 0.08mg (5.34%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.52mg (5.18%), Calcium: 45.33mg (4.53%), Folate: 16.95µg (4.24%), Vitamin B12: 0.09µg (1.46%)