



Ken's Kickin' Posole



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces bacon chopped
- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 8 cups chicken stock see
- ☐ 1 teaspoon new mexico chile powder
- ☐ 1 bunch cilantro leaves chopped
- ☐ 14.5 ounce mild enchilada sauce red canned
- ☐ 10 cloves garlic minced
- ☐ 0.3 teaspoon ground cloves

- ☐ 2 teaspoons ground cumin
- ☐ 58 ounce hominy white rinsed drained canned
- ☐ 2 jalapeño peppers diced seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 onion diced
- ☐ 1 teaspoon mexican oregano dried
- ☐ 2 poblano chile peppers fresh
- ☐ 2 pounds pork loin cut into 1-inch cubes

Equipment

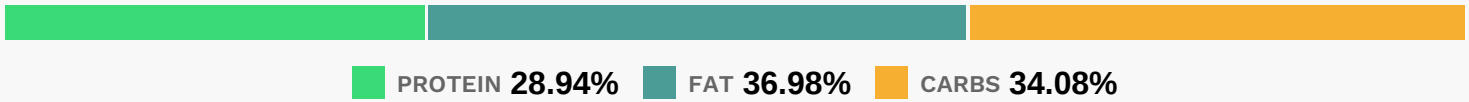
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil.
- ☐ Place the poblano chiles cut-side-down onto the baking sheet.
- ☐ Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes.
- ☐ Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Dice the chiles.
- ☐ Cook and stir the bacon in a large pot over medium heat until it has released its fat and is beginning to crisp, about 5 minutes.

- ☐
- Drain the bacon on a paper towel-lined plate, and discard all but 1 tablespoon of bacon grease from the pot. Increase the heat to medium-high, and add the pork loin cubes. Cook, stirring occasionally until browned on all sides, about 5 minutes.
- ☐
- Remove the pork from the pot, and reduce the heat to medium. Stir in the onion and garlic; cook and stir until the onion has softened and is beginning to turn brown, about 5 minutes.
- ☐
- Stir the roasted poblano chiles, jalapeno peppers, oregano, cumin, New Mexico chile powder, cloves, salt, and cilantro into the onions; cook for 1 minute.
- ☐
- Pour in the chicken stock and enchilada sauce. Stir in the bacon and pork cubes, and bring to a simmer over medium-high heat. Reduce heat to medium-low, cover, and simmer 1 hour. Stir in the hominy, recover, and continue cooking 1 hour more until the pork is very tender.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:16.440000098685%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 372.52kcal (18.63%), Fat: 15.03g (23.13%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 26.59g (9.67%), Sugar: 8.25g (9.16%), Cholesterol: 66.01mg (22%), Sodium: 1264.62mg (54.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Selenium: 32.89µg (46.98%), Vitamin B6: 0.82mg (41.15%), Vitamin B3: 7.88mg (39.39%), Vitamin B1: 0.47mg (31.07%), Phosphorus: 301.56mg (30.16%), Zinc: 3.35mg (22.32%), Vitamin C: 16.22mg (19.66%), Vitamin B2: 0.32mg (18.76%), Fiber: 4.59g (18.36%), Potassium: 569.07mg (16.26%), Magnesium: 56.07mg (14.02%), Iron: 2.35mg (13.06%), Manganese: 0.22mg (11.18%), Copper: 0.21mg (10.42%), Vitamin B5: 0.93mg (9.35%), Vitamin A: 440.15IU (8.8%), Vitamin B12: 0.48µg (8%), Vitamin K: 5.51µg (5.25%), Calcium: 38.28mg (3.83%), Vitamin E: 0.57mg (3.78%), Folate: 14.44µg (3.61%), Vitamin D: 0.41µg (2.71%)