

Mexican Hominy

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 14.5 ounce canned tomatoes mexican-style drained chopped canned
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon garlic minced
- 15 ounce golden hominy drained canned
- 2 teaspoons jalapeno minced seeded
- 2 teaspoons olive oil
- 1 cup onion finely chopped

0.3 teaspoon salt

Equipment

frying pan

Directions

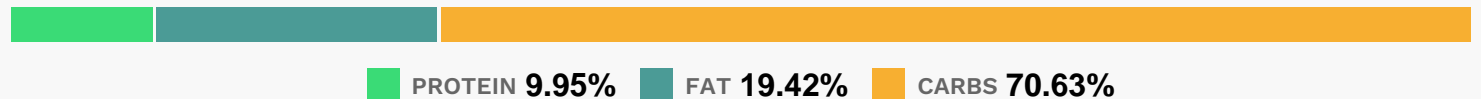
Heat oil in a medium nonstick skillet over medium-high heat.

Add onion; saut 3 minutes.

Add jalapeo pepper and garlic; saut 2 minutes. Stir in hominy; reduce heat to medium, and cook 5 minutes, stirring occasionally. Stir in tomatoes, salt, and black pepper; cook until thoroughly heated.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:5.7208696137304%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 96.77kcal (4.84%), Fat: 2.19g (3.36%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 14.3g (5.2%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 433.14mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Fiber: 3.6g (14.39%), Vitamin C: 10.44mg (12.66%), Manganese: 0.23mg (11.27%), Copper: 0.16mg (8.01%), Iron: 1.41mg (7.85%), Vitamin E: 1.15mg (7.69%), Vitamin B6: 0.15mg (7.59%), Potassium: 253.47mg (7.24%), Magnesium: 28.19mg (7.05%), Zinc: 0.98mg (6.56%), Phosphorus: 55.79mg (5.58%), Vitamin K: 5.48µg (5.22%), Vitamin B3: 0.92mg (4.59%), Vitamin B1: 0.07mg (4.51%), Selenium: 2.75µg (3.93%), Folate: 15.24µg (3.81%), Calcium: 37.97mg (3.8%), Vitamin A: 175.78IU (3.52%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (2.89%)