



Mexican Posole Stew

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

READY IN



180 min.

SERVINGS



12

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

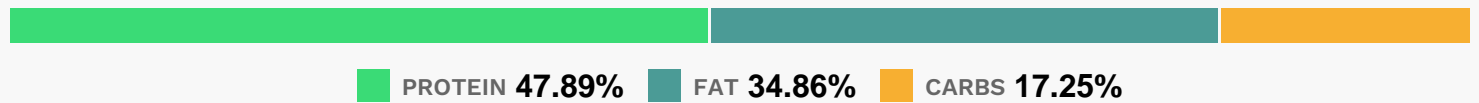
- 2 pounds pork loin boneless cubed
- 4 chilies dried diced red hot seeded
- 2 cloves garlic crushed
- 30 ounce hominy white drained canned
- 2 tablespoons onion chopped
- 1 teaspoon oregano dried
- 8 ounces wonton skins
- 1 tablespoon salt

Equipment

Directions

- Place meat, pork rinds, and pork shanks in a large kettle and add about 5 quarts of water or enough to cover meat.
- Add approximately 1 tablespoon salt and bring to a boil. Cook over medium heat for about 1 1/2 hours.
- Remove excess grease and set aside. Reserve liquid.
- Wash the posole very carefully until the water is clear so as to remove lime from kernels. Put in large kettle and cover with water. Boil until posole has popped.
- Mix meat, posole, rind, and shanks or pigs' feet.
- Add oregano, garlic, onion, and chile pods.
- Let simmer for about 1/2 hour.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:9.0900000152381%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 256.03kcal (12.8%), Fat: 9.57g (14.73%), Saturated Fat: 3.11g (19.47%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.73g (3.17%), Sugar: 1.44g (1.6%), Cholesterol: 65.58mg (21.86%), Sodium: 1210.65mg (52.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.17%), Selenium: 23.16µg (33.09%), Vitamin B6: 0.59mg (29.28%), Vitamin B1: 0.34mg (22.62%), Vitamin B3: 4.39mg (21.97%), Phosphorus: 196.66mg (19.67%), Zinc: 2.12mg (14.14%), Vitamin B2: 0.15mg (8.79%), Potassium: 298.89mg (8.54%), Magnesium: 31.9mg (7.97%), Fiber: 1.93g (7.72%), Vitamin B5: 0.68mg (6.81%), Vitamin B12: 0.39µg (6.43%), Iron: 1.11mg (6.14%), Manganese: 0.08mg (3.83%), Copper: 0.07mg (3.46%), Calcium: 20.92mg (2.09%), Vitamin D: 0.3µg (2.02%), Vitamin K: 1.37µg (1.31%), Vitamin A: 57.22IU (1.14%), Vitamin E: 0.17mg (1.13%)