



## Pork-and-Hominy Stew

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

READY IN



445 min.

SERVINGS



8

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz beer
- 3 pounds pork shoulder boneless cut into 2 1/2-inch pieces
- 14 oz frangelico with juice chopped canned
- 2 tablespoons chili powder
- 3 cloves garlic finely chopped
- 42 oz hominy white rinsed drained canned
- 1 onion chopped
- 1 teaspoon oregano dried

- 8 servings salt and pepper
- 2 tablespoons vegetable oil

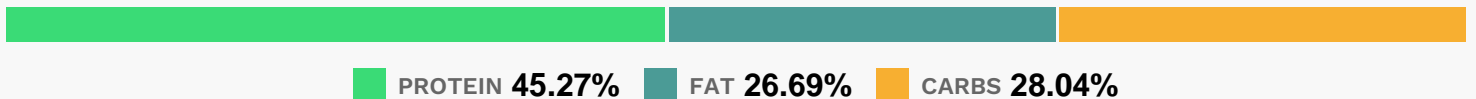
## Equipment

- frying pan
- pot
- wooden spoon
- slow cooker
- tongs

## Directions

- Sprinkle pork with salt and pepper. Warm oil in a large skillet over medium-high heat. Cook pork, in batches if necessary, browning on all sides, about 10 to 15 minutes.
- Add to slow cooker and drain off all but 1 Tbsp. fat.
- Add onion, chili powder and garlic to skillet and cook, stirring, until softened, 2 minutes. Stir in beer and cook for 1 minute, scraping up browned bits from bottom of pan with a wooden spoon.
- Add mixture to slow cooker
- Add tomatoes to slow cooker. Cover and cook on low until meat is just tender, about 6 hours. Stir in hominy and oregano and cook 1 hour more.
- Remove pork from pot with tongs. When cool enough to handle, shred pork. Skim fat from top of broth, stir in shredded pork, and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.81, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:26.246521374454%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 385kcal (19.25%), Fat: 10.81g (16.63%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 25.56g (8.52%), Net Carbohydrates: 20.78g (7.55%), Sugar: 3.46g (3.84%), Cholesterol: 102.06mg (34.02%), Sodium: 834.43mg (36.28%), Alcohol: 1.66g (100%), Alcohol %: 0.49% (100%), Protein: 41.25g (82.51%), Vitamin B3: 16.87mg (84.34%), Vitamin B1: 1.12mg (74.52%), Selenium: 49.25µg (70.36%), Vitamin B6: 1.33mg (66.5%), Vitamin B2: 0.84mg (49.15%), Phosphorus: 459.65mg (45.96%), Zinc: 5.01mg (33.42%), Vitamin B12: 1.49µg (24.81%), Potassium: 734.62mg (20.99%), Vitamin B5: 1.96mg (19.61%), Fiber: 4.78g (19.12%), Magnesium: 75.91mg (18.98%), Iron: 2.93mg (16.3%), Vitamin A: 599.12IU (11.98%), Manganese: 0.21mg (10.75%), Copper: 0.21mg (10.33%), Vitamin K: 10.29µg (9.8%), Vitamin E: 1.3mg (8.67%), Calcium: 44.4mg (4.44%), Folate: 7.84µg (1.96%), Vitamin C: 1.39mg (1.68%)