



WHATSheATE



HEALTH SCORE

53%

Pork and Hominy Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 slices bacon chopped



1 cup beer



1 medium carrots peeled chopped



1 tablespoon chili powder



1 cup ham smoked diced



1 teaspoon marjoram dried



0.3 cup cilantro leaves fresh chopped



6 large garlic clove chopped

- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups hominy canned drained (from two 15-ounce cans)
- ☐ 1 cup chicken broth canned
- ☐ 1 large onion thinly sliced
- ☐ 2 pepper flakes seeded cut into 2x1/4-inch strips
- ☐ 2.5 pounds pork shoulder boneless cut into 2 1/2-inch pieces or country pork spareribs, cut into 2-inch pieces
- ☐ 1 teaspoon salt
- ☐ 1 cup tomatoes diced canned

Equipment

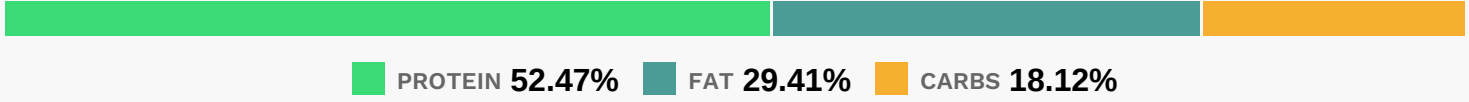
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Mix 1 tablespoon chili powder, salt, and pepper in bowl. Rub spice mixture all over pork. Sauté bacon in heavy large pot over medium heat until crisp, about 5 minutes.
- ☐ Transfer bacon to paper towels to drain. Working in batches, add pork to drippings in pot and sauté until brown on all sides, about 10 minutes per batch. Using slotted spoon, transfer pork to bowl.
- ☐ Reduce heat to medium.
- ☐ Add onion, ham, carrot, and garlic to pot; cover and cook 5 minutes, stirring occasionally and scraping up browned bits.
- ☐ Add chilies; stir 1 minute. Stir in hominy, tomatoes with juices, beer, broth, marjoram, pork, and remaining 2 teaspoons chili powder and bring to boil. Reduce heat; cover and simmer until pork is very tender, about 1 hour. (Can be prepared 1 day ahead. Cover and chill bacon. Cool stew slightly. Chill uncovered until cold, then cover and keep chilled.)
- ☐ Simmer stew uncovered until liquid is slightly reduced and thickened, about 10 minutes. Season with salt and pepper.

- ☐ Transfer to bowl.
- ☐ Sprinkle with reserved bacon and cilantro.
- ☐ * These fresh green chilies, often called pasillas, are available at Latin American markets and also at some supermarkets.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:45.21043497324%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 618.85kcal (30.94%), Fat: 19.37g (29.8%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 21.91g (7.97%), Sugar: 6.75g (7.5%), Cholesterol: 201.39mg (67.13%), Sodium: 1798.26mg (78.19%), Alcohol: 2.3g (100%), Alcohol %: 0.42% (100%), Protein: 77.76g (155.52%), Vitamin B3: 30.2mg (151.01%), Vitamin B1: 1.97mg (131%), Vitamin B6: 2.47mg (123.73%), Selenium: 80.73µg (115.33%), Phosphorus: 877.95mg (87.79%), Vitamin B2: 1.47mg (86.25%), Vitamin A: 3504.01IU (70.08%), Vitamin C: 43.29mg (52.47%), Zinc: 7.81mg (52.1%), Potassium: 1647.15mg (47.06%), Vitamin B12: 2.62µg (43.66%), Vitamin B5: 3.28mg (32.84%), Magnesium: 128.44mg (32.11%), Iron: 5.22mg (28.99%), Copper: 0.51mg (25.69%), Manganese: 0.41mg (20.53%), Fiber: 4.96g (19.83%), Vitamin K: 13.07µg (12.45%), Vitamin E: 1.8mg (12.03%), Calcium: 90.68mg (9.07%), Folate: 25.79µg (6.45%)