



Pork and Hominy Stew with Red Chiles (Pozole Rojo)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings avocado diced
- 4 cups chicken broth
- 2 ounces pepper flakes dried red
- 8 corn tortillas
- 1 large head garlic
- 60 ounce hominy white canned (preferably Bush's Best)
- 8 servings lime wedges

- 8 servings oregano dried
- 4 pounds pork ribs country-style
- 8 servings radishes diced
- 8 servings pepper dried red hot
- 8 servings the of 1 cos lettuce thinly sliced
- 3 teaspoons salt
- 1.5 cups vegetable oil
- 1.5 cups water
- 12 cups water
- 8 servings onion white chopped

Equipment

- bowl
- frying pan
- paper towels
- blender
- slotted spoon
- tongs
- cutting board

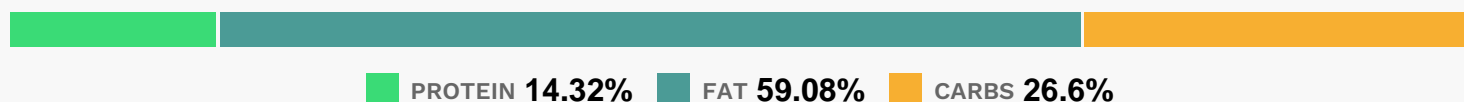
Directions

- Peel garlic cloves and reserve 2 for chile sauce. Slice remaining garlic. In a 7- to 8-quart heavy kettle bring water and broth just to a boil with sliced garlic and pork. Skim surface and add oregano. Gently simmer pork, uncovered, until tender, about 1 1/2 hours.
- While pork is simmering, wearing protective gloves, discard stems from chiles and in a bowl combine chiles with boiling-hot water. Soak chiles, turning them occasionally, 30 minutes.
- Cut onion into large pieces and in a blender purée with chiles and soaking liquid, reserved garlic, and 2 teaspoons salt until smooth.
- Transfer pork with tongs to a cutting board and reserve broth mixture. Shred pork, using 2 forks, and discard bones. Rinse and drain hominy. Return pork to broth mixture and add chile

sauce, hominy, and remaining teaspoon salt. Simmer pozole 30 minutes and, if necessary, season with salt. Pozole may be made 2 days ahead and chilled, covered.

- While pozole is simmering, stack tortillas and halve.
- Cut halves crosswise into thin strips. In a 9- to 10-inch skillet heat 1/2 inch oil until hot but not smoking and fry tortilla strips in 3 or 4 batches, stirring occasionally, until golden, 1 to 2 minutes.
- Transfer tortilla strips with a slotted spoon as fried to brown paper or paper towels to drain.
- Transfer tortilla strips to a bowl. Tortilla strips may be made 1 day ahead and kept, covered, at room temperature.
- Serve pozole with tortilla strips and bowls of accompaniments.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:7.83, Inflammation Score:-10, Nutrition Score:46.517391080442%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Nutrients (% of daily need)

Calories: 951.21kcal (47.56%), Fat: 63.63g (97.89%), Saturated Fat: 15.87g (99.19%), Carbohydrates: 64.44g (21.48%), Net Carbohydrates: 45.81g (16.66%), Sugar: 10.3g (11.44%), Cholesterol: 129.36mg (43.12%), Sodium: 2274.7mg (98.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.41%), Vitamin A: 8237.95IU (164.76%), Vitamin K: 133.95µg (127.57%), Vitamin B6: 1.54mg (76.9%), Fiber: 18.63g (74.52%), Selenium: 45.72µg (65.31%), Folate: 229.72µg (57.43%), Vitamin B3: 10.73mg (53.64%), Zinc: 7.93mg (52.87%), Phosphorus: 505.72mg (50.57%), Vitamin B1: 0.74mg (49.44%), Vitamin C: 37.66mg (45.65%), Vitamin B2: 0.76mg (44.48%), Manganese: 0.85mg (42.31%), Potassium: 1472.89mg (42.08%), Magnesium: 143.78mg (35.94%), Copper: 0.64mg (32.04%),

Iron: 5.71mg (31.74%), Vitamin E: 4.67mg (31.15%), Vitamin B5: 3.1mg (30.96%), Vitamin D: 3.65µg (24.34%), Calcium: 180.78mg (18.08%), Vitamin B12: 0.63µg (10.45%)