

Pork Posole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ancho chili pepper stemmed seeded
- ☐ 1.5 pounds pork loin boneless trimmed cut into (1/2-inch) pieces
- ☐ 1 tablespoon cumin seeds
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 6 tablespoons cilantro leaves fresh minced
- ☐ 4 garlic clove minced
- ☐ 6 tablespoons spring onion chopped
- ☐ 31 ounce hominy white undrained canned

- ☐ 6 slices lime
- ☐ 1.5 cups onion chopped
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 6 tablespoons radishes sliced
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 2 cups water boiling

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ spatula
- ☐ dutch oven

Directions

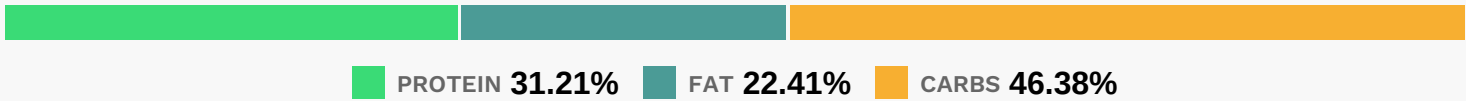
- ☐ Heat a cast-iron skillet over high heat.
- ☐ Place chiles in pan; flatten with a spatula. Cook 10 seconds on each side or until blackened.
- ☐ Combine toasted chiles and 2 cups boiling water in a bowl; let stand 10 minutes or until soft.
- ☐ Place chile mixture in a blender or food processor; process until smooth.
- ☐ Cook cumin seeds in a large Dutch oven over medium heat for 1 minute or until toasted and fragrant.
- ☐ Place in a spice or coffee grinder; process until finely ground.
- ☐ Heat oil in Dutch oven over medium-high heat.
- ☐ Add pork; cook 5 minutes, browning on all sides.
- ☐ Remove pork from pan. Reduce heat to medium.
- ☐ Add onion and garlic to pan; cook 8 minutes or until onion is browned, stirring frequently. Stir in pork, pureed chiles, toasted ground cumin, broth, sugar, salt, and hominy; bring to a simmer.

Cook 30 minutes or until pork is tender. Spoon 1 2/3 cups posole into each of 6 bowls; top each serving with 1 tablespoon radishes, 1 tablespoon green onions, and 1 tablespoon cilantro.

☐

Serve with lime slices.

Nutrition Facts



Properties

Glycemic Index:43.35, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:29.159565428029%

Flavonoids

Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg, Pelargonidin: 9.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 400.23kcal (20.01%), Fat: 10.15g (15.62%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 47.29g (15.76%), Net Carbohydrates: 35.67g (12.97%), Sugar: 18.64g (20.71%), Cholesterol: 71.44mg (23.81%), Sodium: 1506.3mg (65.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.63%), Vitamin A: 6284.03IU (125.68%), Vitamin B6: 1.17mg (58.3%), Selenium: 40.64µg (58.06%), Vitamin B3: 9.61mg (48.06%), Fiber: 11.62g (46.47%), Phosphorus: 385.36mg (38.54%), Vitamin B1: 0.57mg (38.04%), Vitamin K: 39.66µg (37.77%), Vitamin B2: 0.56mg (33.07%), Potassium: 1057.58mg (30.22%), Zinc: 4.06mg (27.09%), Manganese: 0.46mg (22.98%), Iron: 4.08mg (22.67%), Magnesium: 86.76mg (21.69%), Vitamin C: 14.7mg (17.82%), Vitamin B5: 1.57mg (15.7%), Vitamin B12: 0.88µg (14.68%), Copper: 0.25mg (12.45%), Vitamin E: 1.41mg (9.39%), Folate: 30.5µg (7.63%), Calcium: 70.2mg (7.02%), Vitamin D: 0.45µg (3.02%)