



Pork Posole



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beer
- ☐ 12 ounces boston butt pork shoulder boneless trimmed cut into 1/2-inch pieces
- ☐ 2 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.3 cup cilantro leaves
- ☐ 4 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 28 ounce hominy drained canned

- ☐ 4 lime wedges
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 4 radishes sliced
- ☐ 0.5 cup salsa verde

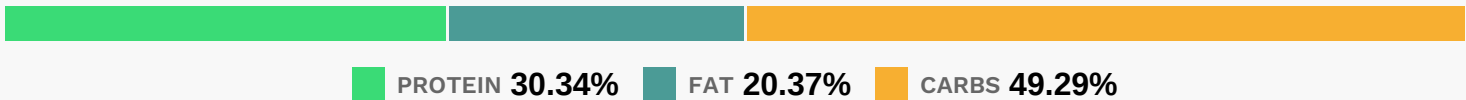
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add pork; saut 5 minutes, turning to brown on all sides.
- ☐ Remove pork from pan, reserving 1 tablespoon drippings in pan.
- ☐ Add onion to pan; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Return pork to pan; stir in cumin and pepper.
- ☐ Add beer; bring to a boil. Cook until liquid almost evaporates (about 9 minutes).
- ☐ Add chicken stock, salsa, and hominy; bring to a boil. Cover, reduce heat, and simmer 1 hour and 10 minutes or until pork is very tender, stirring occasionally. Ladle 1 1/3 cups soup into each of 4 bowls. Top each serving with 1 tablespoon cilantro and 1 sliced radish.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:2.03, Inflammation Score:-7, Nutrition Score:19.293478136477%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 359.24kcal (17.96%), Fat: 7.83g (12.04%), Saturated Fat: 1.73g (10.78%), Carbohydrates: 42.61g (14.2%), Net Carbohydrates: 36.17g (13.15%), Sugar: 9.43g (10.48%), Cholesterol: 54.63mg (18.21%), Sodium: 1112.31mg (48.36%), Alcohol: 1.15g (100%), Alcohol %: 0.28% (100%), Protein: 26.24g (52.47%), Vitamin B3: 10.46mg (52.3%), Selenium: 31.5µg (45.01%), Vitamin B1: 0.63mg (42.3%), Vitamin B6: 0.82mg (40.87%), Phosphorus: 325.93mg (32.59%), Vitamin B2: 0.54mg (31.91%), Zinc: 4.09mg (27.29%), Fiber: 6.45g (25.79%), Potassium: 652.43mg (18.64%), Magnesium: 70.05mg (17.51%), Iron: 3.04mg (16.9%), Manganese: 0.29mg (14.67%), Vitamin C: 11.56mg (14.01%), Vitamin B5: 1.27mg (12.71%), Vitamin B12: 0.75µg (12.43%), Copper: 0.24mg (11.92%), Vitamin A: 373.53IU (7.47%), Calcium: 60.18mg (6.02%), Folate: 20.84µg (5.21%), Vitamin K: 4.95µg (4.72%), Vitamin E: 0.52mg (3.48%)