



Posole



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes with jalapeo peppers and spices (such as del monte), undrained mexican-style canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 15.5 ounce hominy white undrained canned
- ☐ 1 pound pork tenderloin trimmed cut into bite-sized pieces
- ☐ 2 teaspoons southwest chipotle seasoning blend salt-free (such as Mrs. Dash)
- ☐ 1 cup water

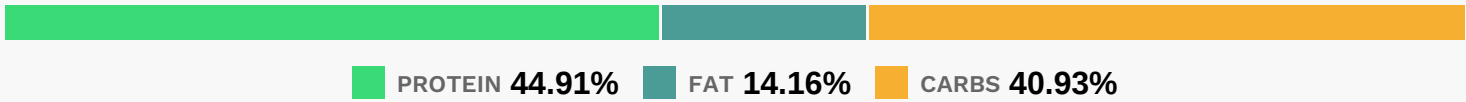
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle pork evenly with chipotle seasoning blend; coat evenly with cooking spray.
- ☐ Add pork to pan; cook 4 minutes or until browned. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.14, Inflammation Score:-5, Nutrition Score:23.614782882773%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 242.35kcal (12.12%), Fat: 3.83g (5.89%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 19.12g (6.95%), Sugar: 6.63g (7.37%), Cholesterol: 73.71mg (24.57%), Sodium: 578.78mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.62%), Vitamin B1: 1.22mg (81.14%), Selenium: 38.96µg (55.66%), Vitamin B6: 1.07mg (53.4%), Vitamin B3: 9mg (44.99%), Phosphorus: 355.56mg (35.56%), Vitamin B2: 0.46mg (27.2%), Zinc: 3.65mg (24.34%), Fiber: 5.77g (23.1%), Vitamin K: 24.09µg (22.94%), Potassium: 799.71mg (22.85%), Iron: 4.05mg (22.52%), Manganese: 0.41mg (20.46%), Magnesium: 76.25mg (19.06%), Copper: 0.35mg (17.52%), Vitamin B5: 1.44mg (14.43%), Vitamin E: 2.06mg (13.76%), Vitamin C: 9.78mg (11.86%), Vitamin B12: 0.58µg (9.64%), Calcium: 93.4mg (9.34%), Vitamin A: 331.45IU (6.63%), Folate: 20.92µg (5.23%), Vitamin D: 0.23µg (1.51%)