



WHATSheATE



Posole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 8 ounces pork loin boneless cut into 1/2-inch pieces
- ☐ 2 cups cabbage shredded
- ☐ 2 teaspoons canola oil
- ☐ 2 new mexican chiles dried
- ☐ 0.8 pound corn hominy dried white
- ☐ 42 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 8 lime wedges
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 cup slivered radishes
- ☐ 0.8 teaspoon salt
- ☐ 3 cups water

Equipment

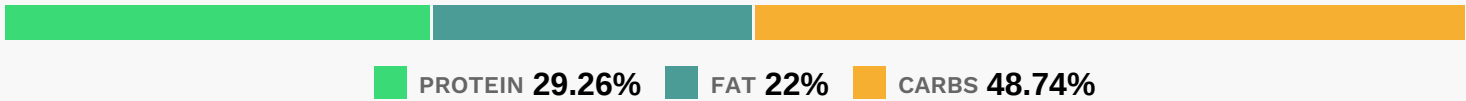
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Place hominy in a large Dutch oven. Cover with water to 4 inches above hominy; cover and let stand 8 hours.
- ☐ Drain. Return hominy to pan. Cover with water to 4 inches above hominy; bring to a boil. Reduce heat, and simmer 1 hour, stirring occasionally; drain. Wipe pan dry with a paper towel.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add pork to pan; saut 5 minutes, turning to brown on all sides.
- ☐ Add onion; saut 2 minutes or until tender.
- ☐ Add oregano, salt, garlic, and bay leaf; saut 1 minute. Return hominy to pan.
- ☐ Add 3 cups water and broth; bring to a boil. Reduce heat, and simmer 30 minutes, stirring occasionally.
- ☐ Add chiles; simmer 30 minutes, stirring occasionally. Discard chiles and bay leaf. Ladle about 1 1/2 cups posole into each of 8 bowls.

☐ Garnish each serving with 1/4 cup cabbage, about 2 teaspoons cilantro, about 2 teaspoons radishes, about 2 teaspoons green onions, and 1 lime wedge.

Nutrition Facts



Properties

Glycemic Index:41.81, Glycemic Load:6.03, Inflammation Score:-7, Nutrition Score:11.38913042649%

Flavonoids

Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 120.05kcal (6%), Fat: 3.21g (4.93%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 13.08g (4.76%), Sugar: 4.68g (5.2%), Cholesterol: 17.86mg (5.95%), Sodium: 853.94mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Vitamin C: 33.56mg (40.68%), Vitamin K: 29.82µg (28.4%), Vitamin B6: 0.43mg (21.3%), Vitamin B3: 3.49mg (17.43%), Selenium: 11.68µg (16.69%), Vitamin B1: 0.21mg (14.31%), Phosphorus: 136.06mg (13.61%), Fiber: 2.91g (11.63%), Potassium: 392.57mg (11.22%), Manganese: 0.22mg (10.88%), Vitamin B5: 0.87mg (8.74%), Vitamin B2: 0.14mg (8.47%), Folate: 32.14µg (8.03%), Magnesium: 31.62mg (7.9%), Vitamin B12: 0.44µg (7.37%), Vitamin A: 341.7IU (6.83%), Iron: 1.19mg (6.64%), Zinc: 0.98mg (6.56%), Copper: 0.13mg (6.5%), Calcium: 44.66mg (4.47%), Vitamin E: 0.53mg (3.53%)