



Posole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup d angel hair slaw
- ☐ 0.5 cup avocado diced peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 9 ounce chiles green undrained chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 large garlic cloves minced
- ☐ 0.3 teaspoon ground cloves

- ☐ 1.5 teaspoons ground cumin
- ☐ 31 ounce hominy white rinsed drained canned
- ☐ 4 cups lower-sodium chicken broth fat-free
- ☐ 1.7 cups onion chopped (1 medium)
- ☐ 1 teaspoon oregano dried
- ☐ 2 pound pork tenderloins cut into 1 1/2-inch pieces
- ☐ 0.5 cup radishes thinly sliced (4 radishes)

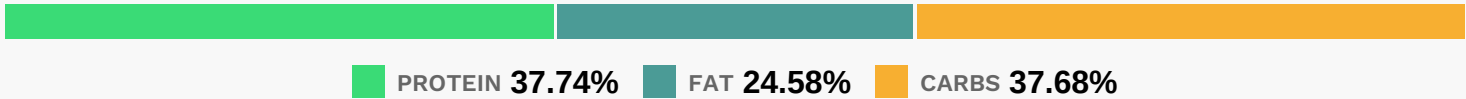
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pork to pan. Cook 8 minutes, browning on all sides.
- ☐ Combine pork, broth, and next 9 ingredients (through chiles) in a 5-quart electric slow cooker. Cover and cook on LOW for 8 hours. Ladle posole into bowls; top with slaw, radishes, and avocado.
- ☐ Serve with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:3.78, Inflammation Score:-6, Nutrition Score:21.516521609348%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 313.99kcal (15.7%), Fat: 8.48g (13.05%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 24.12g (8.77%), Sugar: 3.9g (4.33%), Cholesterol: 73.71mg (24.57%), Sodium: 791.61mg (34.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.62%), Vitamin B1: 1.16mg (77.14%), Selenium: 44.18µg (63.12%), Vitamin B6: 1.02mg (50.9%), Vitamin B3: 8.16mg (40.78%), Phosphorus: 356.12mg (35.61%), Vitamin B2: 0.43mg (25.46%), Potassium: 882.29mg (25.21%), Zinc: 3.62mg (24.12%), Fiber: 5.14g (20.56%), Vitamin C: 15.89mg (19.26%), Manganese: 0.34mg (17.21%), Magnesium: 64.06mg (16.02%), Iron: 2.86mg (15.91%), Vitamin B5: 1.38mg (13.82%), Copper: 0.21mg (10.35%), Vitamin B12: 0.59µg (9.83%), Folate: 36.47µg (9.12%), Vitamin E: 0.9mg (6%), Vitamin K: 5.6µg (5.33%), Calcium: 53.09mg (5.31%), Vitamin D: 0.34µg (2.27%), Vitamin A: 77.61IU (1.55%)