



Posole Mexican Lasagna

 Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



1168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 avocados
- ☐ 1 package flour tortillas
- ☐ 1 handful parsley leaves
- ☐ 4 cloves garlic grated chopped
- ☐ 1 tablespoon ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 2 pounds ground pork
- ☐ 15 ounce hominy canned

- ☐ 2 tablespoons honey
- ☐ 2 limes
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 pound pepper jack cheese shredded
- ☐ 1 large onion red chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 serrano peppers chopped
- ☐ 6 servings cup heavy whipping cream sour
- ☐ 12 large tomatillos peeled coarsely chopped 14 to 16 if small

Equipment

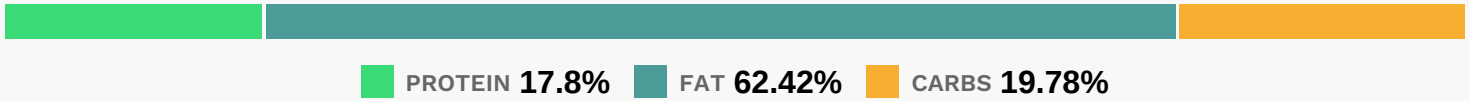
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Place rack in oven in middle of oven and heat broiler or place oven on 400 degrees F.
- ☐ Heat 1 tablespoon extra-virgin olive oil, a turn of the pan, in a skillet over medium-high heat.
- ☐ Add pork and crumble up as it browns. While pork browns, season the meat with cumin, coriander and salt and pepper. Once browned evenly, stir in hominy and reduce heat to simmer.
- ☐ While meat cooks heat 1 tablespoon olive oil in a sauce pot, add onions, garlic and peppers, season with salt and pepper and saute until softened 5 to 6 minutes.
- ☐ Place tomatillos and cilantro or parsley in food processor and process until almost smooth.
- ☐ Pour into onion and garlic mixture and simmer to mellow, 5 to 6 minutes more. Replace the processor bowl. Pit and scoop the avocado flesh into the processor, add the lime zest and

- juice.
- ☐ Add the honey, puree until smooth and season with a little salt. Stir the avocado mixture into the green sauce and remove from heat.
 - ☐ Char all of the tortillas over an open flame or in dry hot skillet.
 - ☐ In a baking dish layer sauce, tortilla, meat, cheese, tortilla, sauce, meat, cheese, etc. End with a layer of tortilla, sauce and finally cheese.
 - ☐ Place baking dish in the oven and bake for 4 to 5 minutes until bubbly and cheese is brown. Pass sour cream at the table.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:12.39, Inflammation Score:-8, Nutrition Score:43.65695627876%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 1168.22kcal (58.41%), Fat: 82.26g (126.55%), Saturated Fat: 31.94g (199.6%), Carbohydrates: 58.65g (19.55%), Net Carbohydrates: 45.63g (16.59%), Sugar: 14.19g (15.77%), Cholesterol: 183.23mg (61.08%), Sodium: 1145.82mg (49.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.77g (105.54%), Vitamin B1: 1.49mg (99.09%), Selenium: 62.79µg (89.7%), Phosphorus: 832.54mg (83.25%), Calcium: 722.5mg (72.25%), Vitamin B3: 11.95mg (59.74%), Vitamin B2: 0.98mg (57.91%), Vitamin B6: 1.04mg (52.24%), Fiber: 13.02g (52.07%), Zinc: 7.62mg (50.77%), Vitamin K: 48.02µg (45.73%), Folate: 160.16µg (40.04%), Potassium: 1345.99mg (38.46%), Vitamin C: 29.72mg (36.03%), Manganese: 0.69mg (34.27%), Iron: 6.14mg (34.11%), Magnesium: 125.97mg (31.49%), Vitamin B5: 2.99mg (29.89%), Vitamin B12: 1.71µg (28.52%), Copper: 0.46mg (23.06%), Vitamin E: 3.4mg (22.64%), Vitamin A: 991.52IU (19.83%), Vitamin D: 0.45µg (3.02%)