



Posole Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 carrots
- ☐ 8 ounces corn posole blue
- ☐ 1 tablespoon onion dried minced
- ☐ 0.3 large eggplant diced
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons chile pepper diced green
- ☐ 3 tablespoons catsup
- ☐ 1 onion chopped

- ☐ 10 drops pepper sauce hot
- ☐ 1.5 pounds pork loin cut into 1 inch cubes
- ☐ 8 servings salt to taste
- ☐ 2 quarts water
- ☐ 2 baby squash yellow chopped

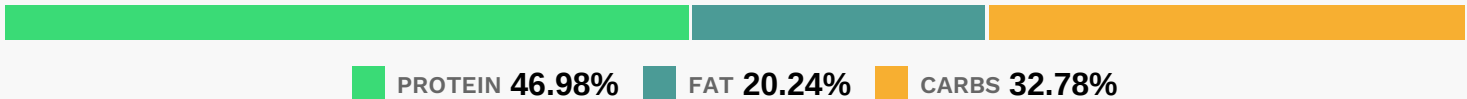
Equipment

- ☐ pot

Directions

- ☐ Soak the posole in 6 cups of salted water overnight.
- ☐ Drain and rinse.
- ☐ In a large stock pot combine 2 quarts water, salt to taste, garlic and hot pepper sauce. Bring to a boil and boil for two hours, checking often to make sure posole is fully covered; add water as necessary. If adding meat, do so at this time. Cook one more hour.
- ☐ Add the ketchup, green chile peppers, onion flakes, carrots, eggplant, onion, squash and garlic. Stir together and reduce heat to low.
- ☐ Let simmer for 1/2 hour to 1 hour depending on altitude.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:17.624782468962%

Flavonoids

Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg, Delphinidin: 16.35mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 177.66kcal (8.88%), Fat: 4.09g (6.29%), Saturated Fat: 1.16g (7.26%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 12g (4.36%), Sugar: 6.29g (6.99%), Cholesterol: 53.58mg (17.86%), Sodium: 362.14mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.69%), Vitamin A: 4029.82IU (80.6%), Vitamin B6: 0.89mg (44.36%), Selenium: 24.09µg (34.42%), Vitamin B1: 0.46mg (30.8%), Vitamin B3: 6.06mg (30.32%), Phosphorus: 253.6mg (25.36%), Potassium: 677.53mg (19.36%), Vitamin C: 15.11mg (18.32%), Vitamin B2: 0.28mg (16.53%), Zinc: 2.02mg (13.45%), Manganese: 0.27mg (13.4%), Magnesium: 48.63mg (12.16%), Fiber: 2.89g (11.57%), Vitamin B5: 1.09mg (10.86%), Copper: 0.17mg (8.42%), Folate: 33.54µg (8.38%), Vitamin B12: 0.43µg (7.23%), Iron: 0.96mg (5.31%), Vitamin K: 5.57µg (5.3%), Calcium: 36.69mg (3.67%), Vitamin E: 0.49mg (3.28%), Vitamin D: 0.34µg (2.27%)