

Posole with Bacon

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 6 ounce bacon smoked black cut into 1-inch pieces
- 3 large garlic clove
- 0.5 small onion finely chopped
- 2 oregano dried fresh crumbled
- 2 teaspoons salt
- 4 quarts water
- 1 cup frangelico dried white (sometimes called hominy; 5 ounces)
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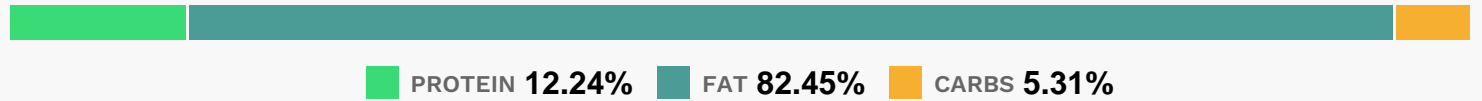
Equipment

- bowl
- pot
- sieve

Directions

- Rinse posole in a sieve under cold running water, then soak in a bowl of cold water to cover by 1 inch, chilled, 8 to 24 hours.
- Drain and rinse soaked posole under cold running water, then transfer to a 6-quart pot.
- Add 4 quarts water, bacon, garlic, onion, and oregano (do not add salt) and simmer gently, uncovered, over low heat until posole has flowered (burst open) and liquid just barely covers posole, 3 to 3 1/2 hours. Discard garlic cloves and oregano sprigs, then stir in salt and simmer 5 to 10 minutes more.
- * Available at Latino markets and by mail order from Kitchen/Market (888-468-4433).

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:2.779130462719%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 123.67kcal (6.18%), Fat: 11.28g (17.35%), Saturated Fat: 3.78g (23.61%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.28g (0.31%), Cholesterol: 18.71mg (6.24%), Sodium: 994.95mg (43.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Selenium: 5.96µg (8.51%), Copper: 0.12mg (6.12%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.08mg (5.63%), Vitamin B6: 0.1mg (5.22%), Phosphorus: 45.3mg (4.53%), Calcium: 30.2mg (3.02%), Zinc: 0.44mg (2.91%), Magnesium: 11.59mg (2.9%), Manganese: 0.05mg (2.72%), Vitamin B12: 0.14µg (2.36%), Potassium: 75.02mg (2.14%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.18mg (1.77%), Vitamin B2: 0.03mg (1.64%), Iron: 0.28mg (1.57%), Vitamin E: 0.19mg (1.23%), Vitamin C: 0.91mg (1.1%), Fiber: 0.27g

(1.09%)