



WHATSheATE



Posole with Southern Greens, Chayote, Dried Cherries, and Pecans



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 chayote squashes pitted julienned cut in half, , and
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 cup cherries dried
- ☐ 2 garlic clove minced peeled
- ☐ 1 pound mustard greens washed and roughly chopped (such as mustard greens, collards, and/or Swiss chard)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced

- ☐ 0.5 cup pecans toasted chopped
- ☐ 6 servings salt to taste
- ☐ 3 tablespoons butter unsalted
- ☐ 6 cups vegetable stock homemade store-bought
- ☐ 0.5 cup frangelico dry
- ☐ 0.5 cup frangelico dry

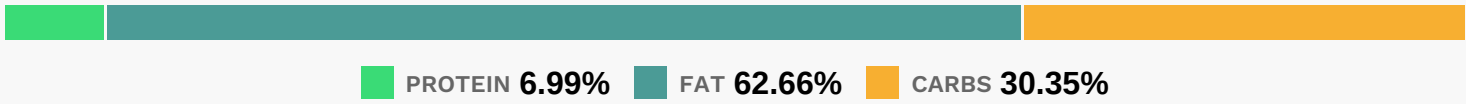
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Drain the posole and place in a saucepan. Cover with the stock and bring to a boil. Reduce the heat to a simmer and cook for 1 hour, or until the posole is tender.
- ☐ Drain and reserve the posole and cooking liquid separately.
- ☐ In a stockpot, heat the olive oil until lightly smoking.
- ☐ Add the onion and sauté for 1 minute over high heat.
- ☐ Add the garlic and cook for 1 minute longer.
- ☐ Add the greens, chayotes, and 1 cup of the posole cooking liquid. Cover the pan, reduce the heat to a simmer, and cook for 20 minutes, or until the greens are tender.
- ☐ Remove the lid and ad the dried cherries, pecans, vinegar, and reserved posole. Cook over low heat, uncovered, for 10 minutes. Stir in the butter and season with salt.
- ☐ Serve immediately.
- ☐ Southwestern Vegetarian by Stephan Pyles
- ☐ Clarkson N. Potter

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:18.629130317465%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 12.91mg, Isorhamnetin: 12.91mg, Isorhamnetin: 12.91mg, Isorhamnetin: 12.91mg Kaempferol: 29.04mg, Kaempferol: 29.04mg, Kaempferol: 29.04mg, Kaempferol: 29.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 235.77kcal (11.79%), Fat: 17.28g (26.58%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 13.59g (4.94%), Sugar: 9.94g (11.04%), Cholesterol: 15.05mg (5.02%), Sodium: 1153.47mg (50.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin K: 200.54µg (190.99%), Vitamin C: 57.71mg (69.95%), Vitamin A: 3325.61IU (66.51%), Manganese: 0.55mg (27.57%), Fiber: 5.24g (20.95%), Vitamin E: 2.54mg (16.92%), Copper: 0.3mg (14.91%), Folate: 54.76µg (13.69%), Potassium: 415.05mg (11.86%), Calcium: 117.29mg (11.73%), Vitamin B6: 0.22mg (10.86%), Magnesium: 42.69mg (10.67%), Iron: 1.88mg (10.43%), Vitamin B1: 0.14mg (9.33%), Phosphorus: 84.8mg (8.48%), Vitamin B2: 0.11mg (6.75%), Zinc: 0.97mg (6.47%), Vitamin B3: 0.94mg (4.72%), Vitamin B5: 0.38mg (3.77%), Selenium: 1.4µg (2%)