



Posole With Summer Squash



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 12 ounce chiles whole green coarsely chopped canned
- ☐ 29 ounce hominy mexican-style canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 large onion halved lengthwise sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

3 zucchini coarsely chopped

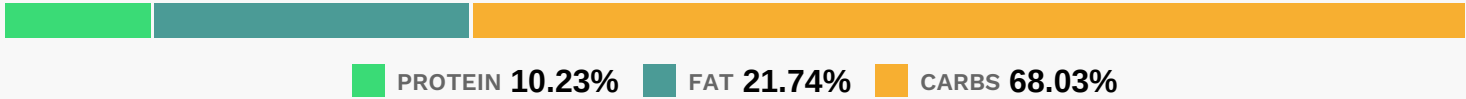
Equipment

dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add onion and zucchini; saut 5 minutes or until onion is tender. Stir in hominy and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Uncover; remove from heat, and stir in lime juice.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:7.9799999154132%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 122.68kcal (6.13%), Fat: 3.07g (4.72%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 17.21g (6.26%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 813.04mg (35.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 32.11mg (38.92%), Fiber: 4.4g (17.61%), Manganese: 0.24mg (12.09%), Folate: 46.73µg (11.68%), Vitamin B6: 0.21mg (10.48%), Zinc: 1.4mg (9.36%), Iron: 1.6mg (8.9%), Potassium: 304.57mg (8.7%), Magnesium: 34.68mg (8.67%), Phosphorus: 81.18mg (8.12%), Selenium: 4.6µg (6.56%), Vitamin K: 6.73µg (6.41%), Vitamin B2: 0.11mg (6.21%), Vitamin B3: 0.96mg (4.78%), Calcium: 45.45mg (4.54%), Copper: 0.09mg (4.52%), Vitamin B5: 0.44mg (4.42%), Vitamin A: 207.37IU (4.15%), Vitamin B1: 0.06mg (3.68%), Vitamin E: 0.31mg (2.03%), Vitamin B12: 0.1µg (1.71%)