



Posole with Turkey and Heart-Shaped Chipotle Gorditas

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chiles in adobo sauce canned (from chipotle chile)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons chipotle chile in adobo sauce canned minced seeded
- ☐ 16 ounce less-sodium chicken broth fat-free divided canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons cilantro leaves fresh chopped

- ☐ 4 garlic cloves minced
- ☐ 15.5 ounce hominy white rinsed drained canned
- ☐ 0.7 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 1 cup onion chopped
- ☐ 2 poblano chiles seeded chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound turkey breast tenderloins cut into 3/4-inch pieces
- ☐ 1.5 tablespoons vegetable oil
- ☐ 1.5 teaspoons vegetable oil
- ☐ 0.3 cup water

Equipment

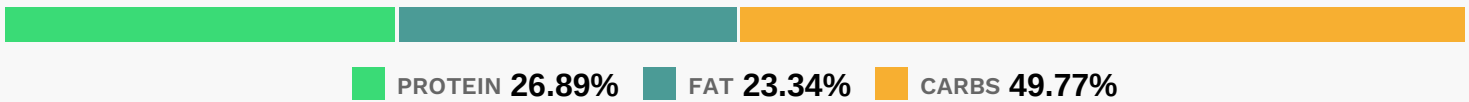
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ To prepare gorditas, combine first 4 ingredients. Stir in water, 1 1/2 tablespoons oil, and chipotle chile. Turn out onto a lightly floured surface; roll dough to a 1/4-inch thickness.
- ☐ Cut with a sharp (1 1/2-inch) heart-shaped cookie cutter into 12 gorditas.
- ☐ Place gorditas on a baking sheet coated with cooking spray; discard any remaining dough.
- ☐ Bake at 400 for 8 minutes. Reserve 6 gorditas for another use; refrigerate in an airtight container for up to 1 week.
- ☐ To prepare posole, heat 1 1/2 teaspoons oil in a Dutch oven over medium heat.

- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Combine turkey and 1 tablespoon adobo sauce, tossing well to coat.
- ☐ Add turkey mixture to pan; saut 3 minutes.
- ☐ Combine 1/4 cup broth and 1 tablespoon flour.
- ☐ Add broth mixture, remaining broth, hominy, and poblano chiles to pan; bring to a boil. Reduce heat; simmer 15 minutes.
- ☐ Remove 2 1/2 cups posole for another use; refrigerate in an airtight container for up to 1 week, or freeze for up to 3 months.
- ☐ Arrange 6 gorditas on top of posole in pan; cover and simmer 5 minutes. Spoon 1 1/4 cups posole into each of 2 bowls, and top each serving with 3 gorditas.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:170.5, Glycemic Load:16.64, Inflammation Score:-9, Nutrition Score:29.879565176756%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 19.29mg, Quercetin: 19.29mg, Quercetin: 19.29mg, Quercetin: 19.29mg

Nutrients (% of daily need)

Calories: 771.13kcal (38.56%), Fat: 20.18g (31.05%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 96.83g (32.28%), Net Carbohydrates: 83.59g (30.39%), Sugar: 11.47g (12.74%), Cholesterol: 75.93mg (25.31%), Sodium: 2314.72mg (100.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.32g (104.64%), Vitamin C: 103.63mg (125.61%), Vitamin B1: 0.89mg (59.53%), Fiber: 13.24g (52.97%), Manganese: 0.87mg (43.42%), Folate: 156.52µg (39.13%), Iron: 6.85mg (38.04%), Selenium: 26.5µg (37.85%), Vitamin B3: 7.28mg (36.38%), Vitamin K: 36.57µg (34.82%), Vitamin B6: 0.67mg (33.6%), Vitamin B2: 0.55mg (32.39%), Phosphorus: 310mg (31%), Magnesium: 100.67mg (25.17%), Calcium: 246.86mg (24.69%), Zinc: 3.58mg (23.84%), Copper: 0.35mg (17.43%), Potassium: 566.75mg (16.19%), Vitamin E: 1.71mg (11.41%), Vitamin A: 567.01IU (11.34%), Vitamin B5: 1.05mg (10.47%), Vitamin B12: 0.45µg (7.56%)