



Post-Turkey Day Posole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots finely chopped
- ☐ 0.8 cup celery finely chopped
- ☐ 2 teaspoons chili powder
- ☐ 1 chipotle chile in adobo sauce canned
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons garlic minced
- ☐ 15.5 ounce hominy white drained canned

- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomato purée
- ☐ 2 cups turkey dark light shredded leftover cooked (and meat)

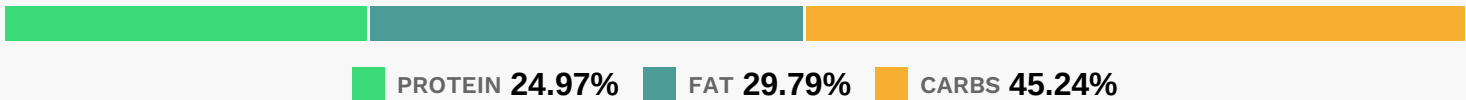
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large heavy saucepan over medium-high heat. Finely chop chile.
- ☐ Add chile and next 5 ingredients (chile through chili powder), and saut 5 minutes or until tender.
- ☐ Add remaining ingredients, and bring to a simmer.
- ☐ Cover and cook 45 minutes or until slightly thick, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:17.313912982526%

Flavonoids

Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 235.45kcal (11.77%), Fat: 7.91g (12.18%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 21.34g (7.76%), Sugar: 6.89g (7.66%), Cholesterol: 35.78mg (11.93%), Sodium: 1480.96mg (64.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.85%), Vitamin A: 4588.76IU (91.78%), Vitamin B3: 5.74mg (28.68%), Selenium: 18.89µg (26.98%), Vitamin B6: 0.52mg (26.12%), Fiber: 5.69g (22.77%), Phosphorus:

192.19mg (19.22%), Manganese: 0.35mg (17.5%), Zinc: 2.41mg (16.1%), Vitamin B12: 0.95µg (15.78%), Potassium: 523.2mg (14.95%), Iron: 2.47mg (13.71%), Vitamin K: 13.61µg (12.96%), Copper: 0.25mg (12.53%), Magnesium: 49.91mg (12.48%), Vitamin E: 1.85mg (12.34%), Vitamin B2: 0.21mg (12.2%), Vitamin B5: 1.1mg (11.04%), Vitamin C: 8.95mg (10.85%), Folate: 27.38µg (6.85%), Calcium: 62.86mg (6.29%), Vitamin B1: 0.09mg (6.1%)