



Pozole

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

READY IN



245 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz canned tomatoes crushed canned
- 2 cascabel chiles dried stemmed
- 8 servings garnishes: cilantro fresh shredded sliced
- 4 bay leaves dried
- 6 garlic cloves
- 29 oz other hominy mexican-style canned drained
- 2 jalapeño peppers stemmed
- 8 servings lime wedges

- 2 tablespoons mexican oregano dried
- 2 teaspoons salt
- 1 pound tomatillos
- 0.5 cup water hot
- 6 qt water
- 3 lb meat from a rotisserie chicken whole
- 1 medium size onion yellow chopped

Equipment

- food processor
- bowl
- sauce pan
- pot
- sieve
- blender

Directions

- Bring 6 qt. of water to a boil over high heat in an 8-qt. stockpot.
- Remove neck and giblets from chicken.
- Add chicken, neck, and giblets to boiling water. Return to a boil, and cook 15 minutes. Cover, remove from heat, and let stand 20 minutes.
- Transfer chicken to a plate, reserving broth in stockpot; discard neck and giblets. Cover and chill chicken until cool enough to handle (about 30 minutes).
- Meanwhile, combine tomatillos, next 3 ingredients, and 2 1/2 cups reserved broth in a medium saucepan. Bring to rolling boil over medium-high heat, and cook, stirring occasionally, 20 minutes or until garlic is very soft.
- Skin, bone, and shred chicken, reserving bones, skin, and any juices. Cover and chill chicken until ready to use. Return skin, bones, and juices to broth in stockpot. Bring to a rolling boil over medium-high heat; cook 30 to 45 minutes or until the bones begin to separate.

- Pour mixture through a fine wire-mesh strainer into a large bowl, discarding solids. Return to pot. Skim fat from broth. Bring broth to a simmer over medium-high heat.
- Process tomatillo mixture in a blender or food processor until smooth. Stir into broth.
- Add crushed tomatoes and next 3 ingredients, stirring until blended; bring to boil. Reduce heat to medium-low; cover and simmer, stirring occasionally, 1 hour.
- Meanwhile, soak chiles in 1/2 cup hot water in a small bowl for 30 minutes.
- Drain, reserving soaking liquid. Process chiles and 2 to 3 Tbsp. soaking liquid in a blender or food processor until smooth.
- Stir 2 tsp. salt and pepper to taste into broth.
- Pour chile mixture through a fine wire-mesh strainer into broth, discarding solids. Stir in shredded chicken, and simmer 15 minutes.
- Serve with lime wedges.

Nutrition Facts



■ **PROTEIN 24.14%**
■ **FAT 39.48%**
■ **CARBS 36.38%**

Properties

Glycemic Index:30.13, Glycemic Load:2.98, Inflammation Score:-9, Nutrition Score:18.529130495113%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg,
 Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin:
 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin:
 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg,
 Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin:
 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 317.59kcal (15.88%), Fat: 14.2g (21.85%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 29.45g (9.82%), Net
 Carbohydrates: 22.8g (8.29%), Sugar: 9.88g (10.98%), Cholesterol: 61.24mg (20.41%), Sodium: 1163.28mg (50.58%),
 Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Vitamin C: 39.48mg (47.85%), Vitamin B3:
 8.13mg (40.63%), Vitamin B6: 0.6mg (30.1%), Fiber: 6.65g (26.62%), Manganese: 0.5mg (25.2%), Selenium: 16.24µg
 (23.2%), Phosphorus: 225.17mg (22.52%), Copper: 0.45mg (22.5%), Vitamin K: 22.82µg (21.73%), Iron: 3.7mg
 (20.55%), Magnesium: 79.79mg (19.95%), Potassium: 697.92mg (19.94%), Zinc: 2.74mg (18.24%), Vitamin E: 2.19mg
 (14.62%), Vitamin B5: 1.34mg (13.4%), Vitamin B2: 0.2mg (11.83%), Vitamin B1: 0.17mg (11.62%), Vitamin A: 570.21IU
 (11.4%), Calcium: 109.07mg (10.91%), Folate: 32.2µg (8.05%), Vitamin B12: 0.25µg (4.22%), Vitamin D: 0.16µg (1.09%)