



WHATSheATE



HEALTH SCORE

70%

Pozole in a Slow Cooker



Gluten Free



Dairy Free



Very Healthy

READY IN



535 min.

SERVINGS



12

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 ancho chile peppers – stems



2 bay leaves



4 cups chicken stock see



2 guajillo chile peppers – stems



1 teaspoon cumin seeds



2 cloves garlic



31 ounce hominy white rinsed drained canned



2 pasilla chile peppers – stems

- ☐ 3 boston butt pork shoulder cut into several large pieces
- ☐ 5 roma tomatoes chopped
- ☐ 12 servings salt to taste
- ☐ 12 servings water to cover
- ☐ 0.5 onion white chopped

Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slow cooker
- ☐ cutting board

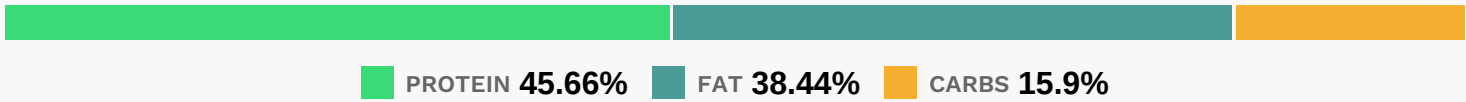
Directions

- ☐ Toast the cumin in a small pot over medium-high heat until fragrant, being careful not to burn, 1 to 2 minutes.
- ☐ Add the pasilla chile peppers, ancho chile peppers, and guajillo chile peppers to the pot.
- ☐ Pour enough water into the pot to cover the peppers completely.
- ☐ Place the garlic cloves, onion, and tomatoes atop the chiles. Cover the pot with a lid, reduce heat to low, and simmer the mixture for 10 minutes.
- ☐ Remove from heat and allow the mixture to cool.
- ☐ Pour the cooled mixture into a blender; puree until smooth.
- ☐ Put the pork in the bottom of a slow cooker; season generously with salt.
- ☐ Add the bay leaves to the slow cooker and pour the pureed chile pepper mixture over the pork.
- ☐ Cook on Low for 8 to 9 hours or overnight. Skim as much fat from the surface as possible.
- ☐ Remove the pork to a cutting board or bowl and shred with two forks. Return the shredded pork to the slow cooker and mix with the sauce.
- ☐ Combine the shredded pork with sauce, chicken stock, and hominy in a large pot over medium heat; cook until the stock is hot, 10 to 15 minutes.

☐

Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:35.884347625401%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 523.76kcal (26.19%), Fat: 21.86g (33.63%), Saturated Fat: 7.25g (45.29%), Carbohydrates: 20.35g (6.78%), Net Carbohydrates: 16.2g (5.89%), Sugar: 6.67g (7.41%), Cholesterol: 187.75mg (62.58%), Sodium: 791.43mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.42g (116.84%), Vitamin B1: 2.5mg (166.99%), Selenium: 85.95µg (122.78%), Vitamin B3: 13.98mg (69.88%), Vitamin B6: 1.36mg (67.85%), Zinc: 9.76mg (65.04%), Phosphorus: 630.91mg (63.09%), Vitamin B2: 1.03mg (60.68%), Vitamin B12: 2.32µg (38.73%), Vitamin A: 1926.14IU (38.52%), Vitamin C: 29.81mg (36.14%), Potassium: 1264.33mg (36.12%), Iron: 4.71mg (26.17%), Vitamin B5: 2.5mg (25.04%), Magnesium: 88.02mg (22.01%), Copper: 0.42mg (21.21%), Fiber: 4.15g (16.6%), Manganese: 0.21mg (10.58%), Vitamin K: 10.79µg (10.28%), Folate: 29.8µg (7.45%), Calcium: 66.63mg (6.66%), Vitamin E: 0.49mg (3.29%)