



Quick Chicken Pozole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz chili sauce red canned
- ☐ 3 cloves garlic minced
- ☐ 30 oz hominy white yellow rinsed drained canned can of each color
- ☐ 4 servings iceberg lettuce shredded
- ☐ 4 servings lime wedges
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 6 oz onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon salad oil
- ☐ 1.3 pounds chicken breasts boneless skinless

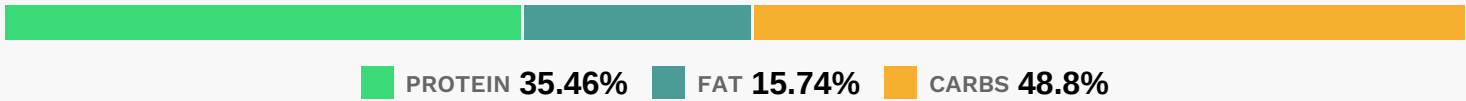
Equipment

- ☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan, combine the garlic, onion, and salad oil. Cook, stirring often, over medium-high heat until the onion is lightly browned, about 5 minutes.
- ☐ While the onion cooks, cut the chicken into bite-size pieces. When the onion has browned, add the chicken pieces, red chili sauce, oregano, and chicken broth. Bring to a boil, reduce heat, and simmer until chicken is no longer pink in center of thickest part (cut to test), 7 to 8 minutes.
- ☐ Add hominy, reheat to simmering, and serve. Offer lettuce and lime wedges to add to taste.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:26.693912835225%

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 Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

Nutrients (% of daily need)

Calories: 441.39kcal (22.07%), Fat: 7.65g (11.78%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 53.41g (17.8%), Net Carbohydrates: 44.42g (16.15%), Sugar: 17.06g (18.95%), Cholesterol: 90.72mg (30.24%), Sodium: 1894.15mg (82.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.63%), Vitamin B3: 17.79mg (88.97%), Selenium: 53.15µg (75.93%), Vitamin B6: 1.32mg (65.84%), Phosphorus: 478.47mg (47.85%), Fiber: 8.99g (35.96%), Potassium: 1108.08mg (31.66%), Vitamin K: 28.32µg (26.98%), Vitamin B5: 2.5mg (24.99%), Vitamin C: 19.68mg

(23.85%), Zinc: 3.53mg (23.51%), Magnesium: 92.34mg (23.08%), Vitamin A: 979.18IU (19.58%), Manganese: 0.39mg (19.32%), Iron: 3.25mg (18.04%), Vitamin B2: 0.28mg (16.31%), Copper: 0.3mg (15.11%), Vitamin B1: 0.22mg (14.81%), Vitamin E: 2.13mg (14.2%), Folate: 48.8µg (12.2%), Calcium: 81.44mg (8.14%), Vitamin B12: 0.4µg (6.69%)