

Slow Cooker Posole



Gluten Free



Dairy Free

READY IN



415 min.

SERVINGS



8

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound pork loin roast boneless cut into 1-inch cubes
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon cayenne pepper to taste
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 29 ounce enchilada sauce canned
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup chilies diced green
- ☐ 31 ounce hominy white drained canned

- ☐ 1 onion sliced
- ☐ 2 teaspoons oregano dried
- ☐ 0.5 teaspoon salt

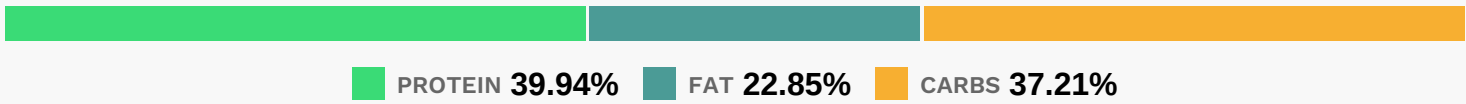
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the canola oil in a skillet over high heat.
- ☐ Add the pork; cook and stir just until meat is browned on all sides, about 5 minutes.
- ☐ Place the meat in a 4 quart slow cooker.
- ☐ Pour the enchilada sauce over the meat. Top with the hominy, onion, chilies, garlic, cayenne pepper, and oregano.
- ☐ Pour in enough water to fill the slow cooker.
- ☐ Cover, and cook on High for 6 to 7 hours. Stir in the cilantro and salt. Cook on Low for 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:15.680869677792%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 297.46kcal (14.87%), Fat: 7.39g (11.37%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 21.74g (7.9%), Sugar: 9.8g (10.89%), Cholesterol: 71.44mg (23.81%), Sodium: 1503.31mg (65.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Selenium: 35.03µg (50.04%), Vitamin B6:

0.91mg (45.29%), Vitamin B1: 0.52mg (34.44%), Vitamin B3: 6.62mg (33.09%), Phosphorus: 301.22mg (30.12%), Zinc: 3.25mg (21.7%), Fiber: 5.33g (21.31%), Vitamin A: 781.22IU (15.62%), Potassium: 471.54mg (13.47%), Vitamin B2: 0.23mg (13.45%), Magnesium: 50.48mg (12.62%), Iron: 2.17mg (12.05%), Vitamin B5: 1.05mg (10.47%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.16mg (7.88%), Vitamin K: 6.31µg (6.01%), Vitamin C: 4.91mg (5.95%), Copper: 0.11mg (5.67%), Vitamin E: 0.65mg (4.36%), Calcium: 31.13mg (3.11%), Vitamin D: 0.45µg (3.02%), Folate: 5.38µg (1.35%)