



Slow-Cooker Posole Verde

 Gluten Free

READY IN



445 min.

SERVINGS



8

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lb pork shoulder boneless trimmed of fat cut into 1-inch pieces
- ☐ 2 teaspoons ground cumin
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 56 oz tomatillos whole drained canned
- ☐ 3 cups onion chopped

- ☐ 4 cloves garlic finely chopped
- ☐ 4 oz chilis green chopped canned
- ☐ 1 tablespoon sugar
- ☐ 29 oz hominy white rinsed drained canned
- ☐ 1 serving cream sour
- ☐ 1 serving cilantro leaves fresh chopped
- ☐ 1 serving jalapeno sliced
- ☐ 1 serving radishes sliced

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray.
- ☐ Sprinkle pork with 1 teaspoon of the cumin, the salt and pepper. In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add half of the pork; cook about 6 minutes, stirring occasionally, until browned on all sides.
- ☐ Remove pork with slotted spoon; place in slow cooker. Repeat with remaining pork.
- ☐ Add broth to skillet; cook 1 minute, scraping to loosen brown particles.
- ☐ Pour into slow cooker.
- ☐ Place tomatillos in food processor. Cover; process until smooth.
- ☐ Add to slow cooker. Stir in onions, garlic, green chiles, sugar and remaining 1 teaspoon cumin. Cover; cook on Low heat setting 6 hours. Stir hominy into slow cooker. Cover; cook 1 hour longer.
- ☐ Garnish individual servings with sour cream, cilantro, jalapeños and radishes.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:2.49, Inflammation Score:-7, Nutrition Score:30.073913408362%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 375.71kcal (18.79%), Fat: 10.07g (15.49%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 27.38g (9.96%), Sugar: 14.03g (15.59%), Cholesterol: 86.37mg (28.79%), Sodium: 795.98mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.57g (73.13%), Vitamin B3: 17.58mg (87.91%), Vitamin B1: 1.05mg (69.73%), Vitamin B6: 1.26mg (62.85%), Selenium: 41.43µg (59.19%), Phosphorus: 465.47mg (46.55%), Vitamin B2: 0.78mg (45.74%), Vitamin C: 34.47mg (41.79%), Potassium: 1220.79mg (34.88%), Fiber: 7.84g (31.37%), Zinc: 4.48mg (29.86%), Manganese: 0.55mg (27.34%), Magnesium: 103.12mg (25.78%), Iron: 3.87mg (21.49%), Vitamin K: 22.01µg (20.96%), Vitamin B12: 1.24µg (20.68%), Vitamin B5: 1.96mg (19.64%), Copper: 0.34mg (16.84%), Folate: 36.08µg (9.02%), Vitamin E: 1.23mg (8.19%), Calcium: 65.34mg (6.53%), Vitamin A: 267.99IU (5.36%)