



## Slow Cooker Posole with Pork and Chicken

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

READY IN



**380 min.**

SERVINGS



**6**

CALORIES



**416 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.5 pound pork loin roast boneless
- 29 ounce chicken broth canned
- 1 chipotle pepper in adobo sauce canned
- 1 clove garlic minced
- 4 ounce chilies green chopped canned
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper black to taste

- 15.5 ounce hominy white drained canned
- 1 medium onion chopped
- 1 teaspoon oregano dried
- 0.5 pound chicken breast halves boneless skinless
- 0.3 cup water

## Equipment

- blender
- slow cooker

## Directions

- Place the chipotle chile and water into a blender, and puree until smooth.
- Pour into a slow cooker, and add the pork, chicken, hominy, green chilies, onion, garlic, and chicken broth. Season with oregano, cumin, pepper, and the bay leaf.
- Cover, and cook on Low 6 to 7 hours until the meats are tender.
- Remove the bay leaf before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:17.696956458299%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 416.45kcal (20.82%), Fat: 14.37g (22.11%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 12.45g (4.53%), Sugar: 2.93g (3.26%), Cholesterol: 116.52mg (38.84%), Sodium: 1040.42mg (45.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.57g (105.14%), Selenium: 50.17µg (71.68%), Vitamin B3: 9.48mg (47.42%), Vitamin B6: 0.87mg (43.31%), Phosphorus: 408.09mg (40.81%), Zinc: 5.16mg (34.39%),

Vitamin B12: 1.64µg (27.31%), Iron: 3.05mg (16.92%), Magnesium: 61.75mg (15.44%), Potassium: 537.59mg (15.36%),  
Vitamin B2: 0.26mg (15.2%), Vitamin B1: 0.21mg (13.74%), Fiber: 3.23g (12.92%), Vitamin B5: 0.96mg (9.63%),  
Copper: 0.14mg (6.95%), Manganese: 0.13mg (6.57%), Vitamin K: 5.68µg (5.41%), Vitamin A: 266.53IU (5.33%),  
Vitamin C: 4.28mg (5.18%), Vitamin E: 0.67mg (4.49%), Calcium: 44.64mg (4.46%), Folate: 9.35µg (2.34%), Vitamin  
D: 0.33µg (2.17%)