



Spicy Pork Posole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium avocado sliced
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black divided
- ☐ 2 teaspoons chili powder
- ☐ 2 cloves garlic sliced
- ☐ 1 small head cabbage green cut into ribbons
- ☐ 3 cups hominy canned drained (3 cans, 15 ounces each)
- ☐ 1 jalapeno sliced

- ☐ 1 tablespoon olive oil
- ☐ 6 ounces pork tenderloin halved lengthwise
- ☐ 8 radishes sliced
- ☐ 0.5 teaspoon salt divided
- ☐ 6 cups vegetable broth low-sodium
- ☐ 1 large onion yellow sliced

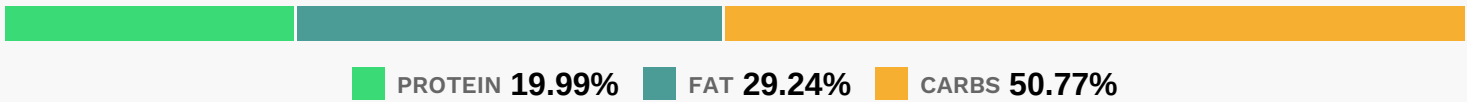
Equipment

- ☐ bowl
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Sprinkle tenderloin with 1/4 teaspoon salt and 1/8 teaspoon pepper and cook until meat no longer sticks to pot, about 2 minutes. Turn and repeat on other side, then remove and slice into 1/4-inch strips.
- ☐ Add onion and garlic to pot; reduce heat to medium-low.
- ☐ Add remaining 1/4 teaspoon salt and 1/8 teaspoon pepper and cook, stirring occasionally, until onion is transparent, 15 to 20 minutes; reduce heat as needed to keep from burning. During last minute of cooking, stir chili powder into onion mixture. Return meat to pot, along with hominy, broth and bay leaves. Bring to a boil, then reduce heat and simmer, uncovered, 20 minutes.
- ☐ Add cabbage, cover and cook another 10 minutes.
- ☐ Remove bay leaves. Divide stew among 4 bowls; serve garnished with radishes, avocado and jalapeño.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:3.79, Inflammation Score:-8, Nutrition Score:25.46304338393%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 301.21kcal (15.06%), Fat: 10.18g (15.66%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 27.72g (10.08%), Sugar: 11.61g (12.9%), Cholesterol: 27.64mg (9.21%), Sodium: 795.11mg (34.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin K: 145.48µg (138.55%), Vitamin C: 76.45mg (92.67%), Fiber: 12.04g (48.16%), Vitamin B1: 0.57mg (38.15%), Vitamin B6: 0.72mg (36.18%), Folate: 108.85µg (27.21%), Manganese: 0.53mg (26.7%), Selenium: 17.91µg (25.58%), Phosphorus: 225.06mg (22.51%), Potassium: 713.17mg (20.38%), Vitamin B3: 3.94mg (19.72%), Zinc: 2.73mg (18.21%), Magnesium: 67.21mg (16.8%), Vitamin B2: 0.28mg (16.59%), Iron: 2.53mg (14.03%), Vitamin B5: 1.36mg (13.64%), Vitamin E: 1.96mg (13.09%), Vitamin A: 553.15IU (11.06%), Calcium: 107.59mg (10.76%), Copper: 0.19mg (9.67%), Vitamin B12: 0.22µg (3.69%)