



Toasted Guajillo and Pork Posole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 3 garlic cloves crushed
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 teaspoons ground cumin
- ☐ 3 guajillo chiles dried
- ☐ 29 ounce hominy rinsed drained canned
- ☐ 0.5 teaspoon kosher salt

- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 1 medium onion cut into 4 wedges
- ☐ 1.5 pounds boston butt pork shoulder trimmed cut into 2-inch pieces
- ☐ 3 cups water

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ Place chiles on a baking sheet; bake at 400 for 4 minutes or until dark. Cool; remove stems and seeds.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add pork to pan; cook 5 minutes or until browned.
- ☐ Remove pork from pan. Wipe drippings from pan; return pork to pan.
- ☐ Add broth and next 5 ingredients (through onion), scraping pan to loosen browned bits.
- ☐ Add guajillo chiles and 1 tablespoon adobo sauce; reserve remaining chipotle chiles and sauce for another use. Bring to a boil; cover, reduce heat, and simmer 2 hours or until pork is tender.
- ☐ Remove chiles, onion, garlic, and 1 cup cooking liquid; place in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; return to pan. Stir in hominy; cook 10 minutes.

Nutrition Facts



 **PROTEIN 27.21%**  **FAT 29.54%**  **CARBS 43.25%**

Properties

Glycemic Index:15.67, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:13.586521739545%

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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 269.39kcal (13.47%), Fat: 8.77g (13.49%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 21.19g (7.71%), Sugar: 6.23g (6.92%), Cholesterol: 46.35mg (15.45%), Sodium: 949.28mg (41.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.34%), Vitamin B1: 0.63mg (42.19%), Selenium: 24.93µg (35.61%), Fiber: 7.7g (30.79%), Zinc: 3.72mg (24.83%), Phosphorus: 201.63mg (20.16%), Vitamin B6: 0.35mg (17.61%), Iron: 3.12mg (17.33%), Potassium: 567.64mg (16.22%), Vitamin B3: 3.22mg (16.09%), Vitamin B2: 0.26mg (15.04%), Manganese: 0.25mg (12.54%), Magnesium: 44.18mg (11.05%), Vitamin B12: 0.58µg (9.68%), Vitamin A: 480.27IU (9.61%), Vitamin B5: 0.83mg (8.29%), Copper: 0.15mg (7.51%), Calcium: 41.88mg (4.19%), Vitamin K: 4.22µg (4.02%), Vitamin E: 0.57mg (3.78%), Vitamin C: 2.98mg (3.61%), Folate: 9.35µg (2.34%)