



Turkey Posole

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

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 1 quart chicken stock see leftover also stir in any gravy
- ☐ 4 servings cilantro leaves finely chopped for garnish
- ☐ 4 servings coarse salt and pepper
- ☐ 4 servings corn chips to top soup or dip
- ☐ 16 coarsely processed in food processor peeled coarsely chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 cloves garlic chopped

- ☐ 1 tablespoon ground cumin
- ☐ 15 ounce hominy canned looks like jumbo corn and found on specialty food or vegetable aisle
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1 juice of lime juiced
- ☐ 2 medium onions chopped
- ☐ 1.5 pounds turkey meat dark light cooked chopped
- ☐ 2 tablespoons vegetable oil

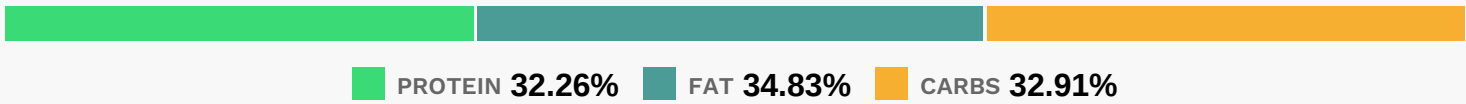
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a medium soup pot or large deep skillet over medium high heat.
- ☐ Add vegetable oil, 2 turns of the pan, then add the onions, garlic, jalapenos, cumin, thyme, and salt and pepper, to taste. Cook 5 to 6 minutes to soften onions then add beer and cook it off, 1 minute. Stir in tomatillos and cook 5 minute more then stir in the hominy, chicken stock, any leftover gravy (up to 2 cups) and the turkey.
- ☐ Heat through, adjust salt and pepper and simmer the posole 10 to 15 minutes over low heat. Stir in lime juice and remove from heat.
- ☐ Garnish soup with cilantro and serve with corn chips to top or dip.
- ☐ *You may use thick cut deli turkey breast or cut up a rotisserie turkey breast in any flavor, widely available at larger markets who offer rotisserie chickens.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:29.297391310982%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 628.18kcal (31.41%), Fat: 23.7g (36.47%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 50.39g (16.8%), Net Carbohydrates: 44.74g (16.27%), Sugar: 8.68g (9.64%), Cholesterol: 121.06mg (40.35%), Sodium: 1251.83mg (54.43%), Alcohol: 2.3g (100%), Alcohol %: 0.42% (100%), Protein: 49.4g (98.8%), Vitamin B3: 18.41mg (92.04%), Vitamin B6: 1.49mg (74.34%), Selenium: 50.13µg (71.62%), Phosphorus: 521.51mg (52.15%), Vitamin B2: 0.62mg (36.26%), Vitamin B12: 2.12µg (35.35%), Zinc: 5.22mg (34.83%), Magnesium: 115.12mg (28.78%), Iron: 4.77mg (26.49%), Vitamin C: 21.78mg (26.4%), Potassium: 881.12mg (25.17%), Manganese: 0.46mg (23.07%), Fiber: 5.65g (22.61%), Vitamin E: 3.19mg (21.27%), Copper: 0.39mg (19.69%), Vitamin B5: 1.91mg (19.13%), Vitamin K: 16.96µg (16.15%), Vitamin B1: 0.23mg (15.62%), Calcium: 125.74mg (12.57%), Folate: 45.55µg (11.39%), Vitamin A: 331.85IU (6.64%), Vitamin D: 0.34µg (2.27%)