



Turkey Posole



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 4 ounce chile peppers green chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons ground cumin
- ☐ 30 ounce hominy white drained canned
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons oregano dried

- ☐ 2 poblano chile peppers fresh seeded cut into 1/2 inch strips
- ☐ 8 servings salt and pepper to taste
- ☐ 4 cups turkey cubed cooked
- ☐ 2 quarts turkey broth
- ☐ 8 servings water
- ☐ 2 onions yellow cubed

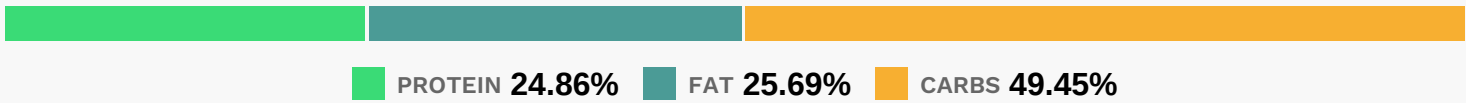
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven, heat oil over medium heat. Cook onions and poblano chiles in oil until soft. Stir in garlic, and cook for one or two minutes. Season with chile powder, cumin, and oregano.
- ☐ Stir in turkey broth, cooked turkey, canned green chile peppers, cannellini beans, and hominy. Stir in water if more liquid is needed to just cover everything in the pot. Season to taste with salt and pepper. Bring to a boil, then reduce heat to low, and cover. Simmer, stirring occasionally, for about an hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:6.45, Inflammation Score:-9, Nutrition Score:21.063912733741%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 359.77kcal (17.99%), Fat: 10.44g (16.07%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 35.53g (12.92%), Sugar: 5.22g (5.8%), Cholesterol: 40.52mg (13.51%), Sodium: 1588.96mg (69.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.48%), Manganese: 0.94mg (46.78%), Fiber: 9.69g (38.76%), Iron: 6.47mg (35.92%), Vitamin C: 23.43mg (28.41%), Vitamin B6: 0.54mg (26.98%), Phosphorus: 262.22mg (26.22%), Magnesium: 104.84mg (26.21%), Vitamin B3: 4.97mg (24.87%), Selenium: 17.1µg (24.43%), Zinc: 3.63mg (24.18%), Folate: 92.53µg (23.13%), Potassium: 803.69mg (22.96%), Copper: 0.45mg (22.43%), Vitamin B2: 0.32mg (18.84%), Vitamin E: 2.53mg (16.88%), Vitamin K: 17.06µg (16.25%), Calcium: 162.03mg (16.2%), Vitamin B1: 0.22mg (14.44%), Vitamin B12: 0.65µg (10.89%), Vitamin A: 496.02IU (9.92%), Vitamin B5: 0.88mg (8.78%)