

Slow Cooker Pork Pozole

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Taste of Home - Feb/Mar 2016

Servings: 6

1 can (15-1/2 ounce) hominy, rinsed and drained
1 can (14-1/2 ounce) diced tomatoes, undrained
1 can (14-1/2 ounce) diced tomatoes with mild green chilies, undrained
1 can (10 ounce) green enchilada sauce)
2 medium carrots, finely chopped
1 medium onion, finely chopped
3 cloves garlic, minced
2 teaspoons ground cumin
1/4 teaspoon salt
1 pound boneless, country-style pork ribs
lime wedges (for garnish)
minced fresh cilantro (for garnish)

Preparation Time: 10 minutes

Cook Time: 3 hours

In a three- or four-quart slow cooker, add the hominy, diced tomatoes, diced tomatoes with chilies, enchilada sauce, carrots, onion, garlic, cumin and salt. Add the pork.

Cook, covered on LOW for 3 to 4 hours or until the pork is tender.

Remove the pork from the slow cooker. Cut the pork into bite-size pieces. Return to the slow cooker.

Serve with lime wedges and fresh cilantro.

Per Serving (excluding unknown items): 48 Calories; 1g Fat (10.0% calories from fat); 1g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	48	Vitamin B6 (mg):	.1mg
% Calories from Fat:	10.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	12mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	158mg
Potassium (mg):	193mg
Calcium (mg):	24mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	10mg
Vitamin A (i.u.):	6976IU
Vitamin A (r.e.):	697 1/2RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	48	Calories from Fat:	5
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	158mg	7%
Total Carbohydrates	10g	3%
Dietary Fiber	2g	9%
Protein	1g	
Vitamin A		140%
Vitamin C		16%
Calcium		2%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.