POZOLE CHICKEN SOUP #001681

Ingredients

Makes: 25-1cup servings
Prep Time:
Cooking Time:1.25 hours
Provides: 1.5m/ma 1.5G

1.75# diced chicken
4 Tbl vegetable oil
1cup diced onions
1 tsp minced garlic
5 quarts chicken broth (5 quarts water & 4oz chicken base)
5 cups water
3.25 cups Hominy drained/rinced
3 1/8 cups uncooked rice
2 tsp crumbled dried oregano
5 tsp salt
8 tbls chili powder
25 bread sticks

Image

Nutrition Facts

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Nutrition Facts
Serving Size: servings
Serving per Container: 1

Amount Per Serving	
Calories: 261	Calories from Fat 51
	% Daily Value*
Total Fat 5.7g	9%
Saturated Fat 0.4g	2%
Trans Fat* 0.0g	
Cholesterol 24mg	8%
Sodium 713mg	30%
Total Carbohydrate 41.1g	14%
Dietary Fiber 3.3g	12%
Protein 12.8g	26%
Vitamin A 14%	Vitamin C 4%
Calcium 7%	Iron 13%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	
1.	Contains Egg		X	
2.	Contains Dairy	Breadstick Only		Breadsticks made on same line as dairy products
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	Breadstick	X	
6.	Contains Soy	X		
7.	Vegetarian		X	