



Continental Pork Stew

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons garlic finely chopped
- ☐ 8 oz mushrooms fresh sliced
- ☐ 1.5 lb pork loin boneless cut into 1-inch pieces
- ☐ 2.5 cups chicken broth (from 32-oz carton)
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 1.5 cups pearl onions frozen

- ☐ 3 medium carrots cut into 1/4-inch slices
- ☐ 1 small cloves whole with 4 cloves
- ☐ 1 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup whipping cream (heavy)
- ☐ 0.3 cup oats gold wondra®
- ☐ 1 serving parsley fresh chopped

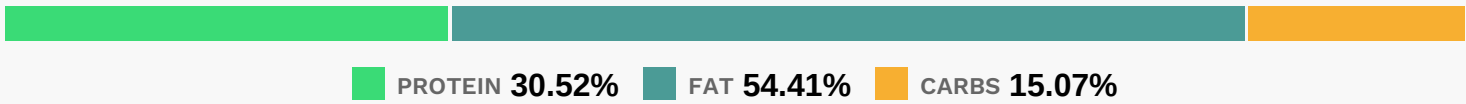
Equipment

- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil and butter in 4 1/2- to 5-quart Dutch oven over medium-high heat. Cook garlic and mushrooms in oil mixture 5 to 6 minutes, stirring frequently, until mushrooms are softened.
- ☐ Stir in pork. Cook 6 to 7 minutes, stirring frequently, until pork is lightly
- ☐ browned.
- ☐ Stir in broth, wine, pearl onions, carrots, onion with cloves, salt and pepper.
- ☐ Heat to boiling; reduce heat to medium-low. Cover and cook 25 to 30 minutes, stirring occasionally, until pork is tender and no longer pink in center.
- ☐ Remove onion with cloves; discard. Beat in whipping cream and flour with wire whisk. Cook 5 to 6 minutes, stirring constantly, until hot and slightly thickened.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.14, Glycemic Load:4.29, Inflammation Score:-10, Nutrition Score:24.431304475536%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg, Quercetin: 12.09mg

Nutrients (% of daily need)

Calories: 392.71kcal (19.64%), Fat: 23.94g (36.84%), Saturated Fat: 11.4g (71.24%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 12.2g (4.44%), Sugar: 6.53g (7.26%), Cholesterol: 119.01mg (39.67%), Sodium: 1010.52mg (43.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.22g (60.45%), Vitamin A: 5822.35IU (116.45%), Selenium: 38.67µg (55.24%), Vitamin B6: 1.04mg (52.02%), Vitamin B3: 8.63mg (43.14%), Vitamin B1: 0.64mg (42.95%), Phosphorus: 367.16mg (36.72%), Vitamin B2: 0.56mg (33.02%), Potassium: 816.41mg (23.33%), Manganese: 0.45mg (22.35%), Vitamin K: 20.91µg (19.91%), Zinc: 2.77mg (18.45%), Vitamin B5: 1.72mg (17.23%), Magnesium: 59.59mg (14.9%), Copper: 0.27mg (13.47%), Vitamin B12: 0.69µg (11.44%), Fiber: 2.73g (10.9%), Vitamin C: 8.41mg (10.2%), Iron: 1.43mg (7.95%), Vitamin D: 1.16µg (7.76%), Vitamin E: 1.08mg (7.22%), Folate: 27.57µg (6.89%), Calcium: 68.32mg (6.83%)