



Down-Home Pork Stew

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb pork shoulder boneless cut into 3/4-inch cubes
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 medium sweet potatoes and into peeled cut into 3/4-inch cubes (3 cups)
- ☐ 2 cups corn frozen
- ☐ 2 cups collard greens frozen chopped (from 1-lb bag)
- ☐ 15 oz blackeyed peas rinsed drained canned

- ☐ 14 oz chicken broth canned
- ☐ 2 tablespoons worcestershire sauce
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon ground pepper red (cayenne)

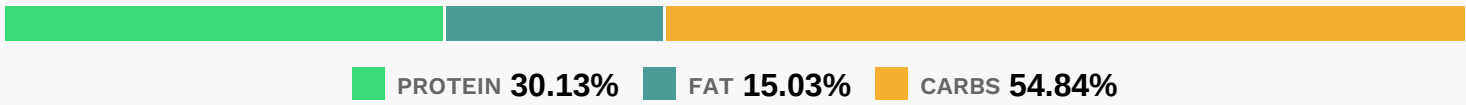
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In large bowl, mix pork cubes, flour and seasoned salt until pork is coated. In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add pork; cook 8 to 10 minutes, stirring occasionally, until browned.
- ☐ Add remaining ingredients to pork in skillet.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 30 to 40 minutes, stirring occasionally, until pork is tender.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:14.51, Inflammation Score:-10, Nutrition Score:30.934347919796%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 348.38kcal (17.42%), Fat: 5.95g (9.16%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 39.8g (14.47%), Sugar: 6.41g (7.12%), Cholesterol: 46.68mg (15.56%), Sodium: 602.88mg (26.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.69%), Vitamin A: 11333.71IU (226.67%), Vitamin K: 59.28µg (56.45%), Vitamin B1: 0.81mg (54.11%), Folate: 203.29µg (50.82%), Vitamin B3: 9.54mg (47.71%), Vitamin

B6: 0.9mg (44.81%), Manganese: 0.78mg (38.88%), Phosphorus: 381.91mg (38.19%), Fiber: 9.06g (36.25%),
Selenium: 24.39µg (34.84%), Vitamin B2: 0.57mg (33.75%), Potassium: 988.63mg (28.25%), Magnesium: 99.77mg
(24.94%), Iron: 3.96mg (22.02%), Copper: 0.42mg (21.24%), Zinc: 3.12mg (20.82%), Vitamin B5: 1.86mg (18.59%),
Vitamin C: 11.32mg (13.72%), Vitamin B12: 0.67µg (11.18%), Calcium: 85.29mg (8.53%), Vitamin E: 0.96mg (6.39%)