



WHATSheATE



Estofado de Cerdo (Pork Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 bay leaf



2 large carrots peeled sliced



3 garlic cloves crushed



1 cup green beans cut into pieces



0.5 teaspoon ground cumin



0.5 cup onion chopped



6 pork loin chops



3 medium potatoes peeled

- ☐ 6 servings salt and pepper
- ☐ 2 cups tomatoes crushed
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

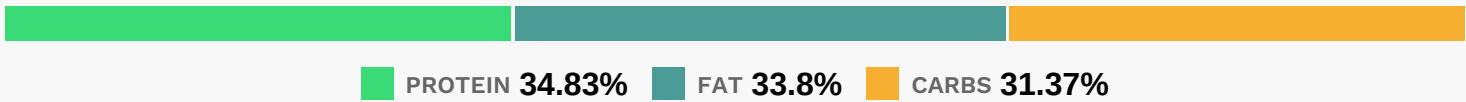
Equipment

- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the onions, garlic and cook for about 4 minutes or until the onions are translucent.
- ☐ Add the tomato and water, and cook for about 7 minutes more.
- ☐ Add the pork loin chops, bay leaf, salt, cumin powder and bring to a boil, then reduce the heat to low, cover and let it cook for about 30 minutes or until the meat is tender.
- ☐ Add the potatoes, green beans and carrots. Cover and cook for an additional 30 minutes or until the potatoes and carrots are tender.
- ☐ Serve with rice and avocado on the side.

Nutrition Facts



Properties

Glycemic Index:46.1, Glycemic Load:16.81, Inflammation Score:-10, Nutrition Score:30.886087096256%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 379.36kcal (18.97%), Fat: 14.31g (22.02%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 24.57g (8.93%), Sugar: 6.7g (7.44%), Cholesterol: 89.78mg (29.93%), Sodium: 390.7mg

(16.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.37%), Vitamin A: 4320.41IU (86.41%), Vitamin B6: 1.5mg (75.13%), Vitamin B1: 1.08mg (72.04%), Vitamin B3: 13.22mg (66.08%), Selenium: 45.58µg (65.12%), Phosphorus: 411.74mg (41.17%), Vitamin C: 33.53mg (40.64%), Potassium: 1328.61mg (37.96%), Vitamin K: 25.77µg (24.55%), Manganese: 0.44mg (22.18%), Magnesium: 85.47mg (21.37%), Vitamin B2: 0.36mg (21.34%), Fiber: 5.32g (21.29%), Copper: 0.38mg (18.78%), Zinc: 2.76mg (18.38%), Iron: 2.98mg (16.58%), Vitamin B5: 1.65mg (16.46%), Vitamin E: 1.81mg (12.05%), Vitamin B12: 0.71µg (11.84%), Folate: 40.76µg (10.19%), Calcium: 72.47mg (7.25%), Vitamin D: 0.54µg (3.57%)