



Hearty Mexican Stew

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings condiments: cilantro fresh chopped
- ☐ 1 large onion chopped
- ☐ 1 pound fatty pork boneless lean cut into 3/4-inch cubes
- ☐ 2 cups rice uncooked quick
- ☐ 1 cup chunky salsa
- ☐ 1.3 ounce taco seasoning
- ☐ 2 tablespoons vegetable oil
- ☐ 3.5 cups water

- ☐ 16 ounce kernel corn whole drained canned
- ☐ 2 zucchini

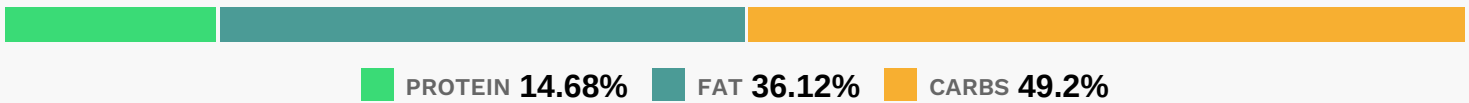
Equipment

- ☐ dutch oven

Directions

- ☐ Saut pork and onion in hot oil in a Dutch oven 5 minutes or until pork is lightly browned.
- ☐ Cut zucchini in half lengthwise, and cut each half into thick slices.
- ☐ Add zucchini, 3 1/2 cups water, and next 3 ingredients to Dutch oven; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in rice. Cover, remove from heat, and let stand 5 minutes.
- ☐ Serve with desired condiments.

Nutrition Facts



Properties

Glycemic Index:16.27, Glycemic Load:22.8, Inflammation Score:-6, Nutrition Score:14.241304129686%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 427.26kcal (21.36%), Fat: 17.07g (26.26%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 49.5g (18%), Sugar: 4.15g (4.61%), Cholesterol: 41.71mg (13.9%), Sodium: 712.91mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.23%), Manganese: 0.69mg (34.42%), Vitamin B1: 0.5mg (33.21%), Selenium: 21.56µg (30.8%), Vitamin B6: 0.45mg (22.67%), Phosphorus: 214.55mg (21.46%), Vitamin B3: 4.25mg (21.25%), Vitamin C: 14.13mg (17.13%), Potassium: 521.61mg (14.9%), Zinc: 2.2mg (14.7%), Vitamin A: 681.58IU (13.63%), Vitamin B2: 0.23mg (13.52%), Magnesium: 45.45mg (11.36%), Fiber: 2.83g (11.31%), Copper: 0.22mg (10.81%), Vitamin B5: 1.04mg (10.38%), Folate: 39.78µg (9.95%), Vitamin K: 9.87µg (9.4%), Iron: 1.66mg (9.21%), Vitamin B12: 0.41µg (6.75%), Calcium: 53.84mg (5.38%), Vitamin E: 0.79mg (5.27%)