



## Hearty Pork Stew

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound pork loin boneless lean cut into cubes
- 4.5 ounce chiles green chopped canned
- 14.5 ounce canned tomatoes diced undrained canned
- 10 ounce whole-kernel corn frozen
- 2 tablespoons flour all-purpose
- 10 ounce baby lima beans frozen
- 0.3 teaspoon garlic powder

- 0.5 teaspoon hot sauce
- 2 cups chicken broth low-sodium
- 1 cup onion chopped (1 medium)
- 0.3 teaspoon onion powder
- 0.5 teaspoon salt
- 2 tablespoons water

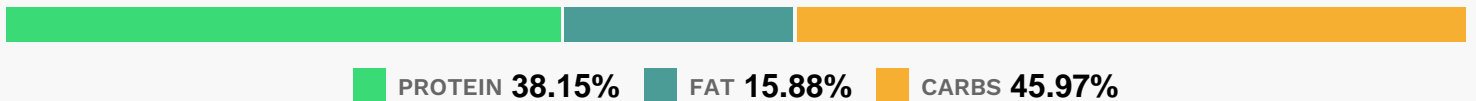
## Equipment

- frying pan
- dutch oven

## Directions

- Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add pork and onion; cook 5 minutes or until pork is browned, stirring frequently.
- Add tomato and next 9 ingredients to pan. Bring to a boil; cover, reduce heat, and simmer 40 minutes.
- Combine flour and water; stir until smooth; add to stew. Cook, stirring constantly, until thickened.

## Nutrition Facts



## Properties

Glycemic Index:22.13, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:13.690869517948%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 190.13kcal (9.51%), Fat: 3.47g (5.34%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 18.12g (6.59%), Sugar: 4.77g (5.3%), Cholesterol: 35.72mg (11.91%), Sodium: 420.78mg (18.29%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.55%), Vitamin B6: 0.63mg (31.37%), Vitamin B3: 5.65mg (28.23%), Selenium: 17.79µg (25.41%), Vitamin B1: 0.37mg (24.64%), Phosphorus: 225.17mg (22.52%), Manganese: 0.44mg (21.8%), Potassium: 672.48mg (19.21%), Vitamin C: 15.37mg (18.63%), Fiber: 4.51g (18.03%), Vitamin B2: 0.23mg (13.44%), Iron: 2.33mg (12.97%), Magnesium: 51.29mg (12.82%), Folate: 45.67µg (11.42%), Copper: 0.23mg (11.35%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.81mg (8.06%), Vitamin B12: 0.35µg (5.8%), Vitamin E: 0.75mg (5.03%), Calcium: 47.57mg (4.76%), Vitamin A: 214.64IU (4.29%), Vitamin K: 2.92µg (2.78%), Vitamin D: 0.23µg (1.51%)