



KRAFT MAKERS Hawaiian Pineapple-Pork Stew

 Gluten Free  Dairy Free

READY IN



390 min.

SERVINGS



30

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves
- 16.7 oz recipe makers hickory bbq beef kraft
- 2.5 lb boston butt pork shoulder boneless cut into bite-size pieces
- 1.5 lb butternut squash peeled cut into 1-inch cubes
- 1 onion chopped
- 8 oz dole pineapple tidbits undrained canned

Equipment

- ladle
- slow cooker

Directions

- Place meat, squash, pineapple and onions in slow cooker.
- Top with Simmer Sauce; cover.
- Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours).
- Min. Before Serving
- Remove liquid with ladle from slow cooker; set aside.
- Stir in Finishing Sauce and spinach.
- Add some of the reserved liquid to desired consistency. Cook, covered, on HIGH 15 min.

Nutrition Facts

PROTEIN 44.66% **FAT 38.64%** **CARBS 16.7%**

Properties

Glycemic Index:1.97, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:11.684782530303%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 105.6kcal (5.28%), Fat: 4.5g (6.92%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.64g (1.32%), Sugar: 1.76g (1.95%), Cholesterol: 33.88mg (11.29%), Sodium: 36.59mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.39%), Vitamin A: 2946.36IU (58.93%), Vitamin K: 27.99µg (26.65%), Vitamin B3: 4.64mg (23.18%), Vitamin B1: 0.29mg (19.14%), Vitamin B6: 0.38mg (19%), Selenium: 12.34µg (17.63%), Vitamin B2: 0.22mg (12.76%), Phosphorus: 123.35mg (12.33%), Vitamin B12: 0.67µg (11.11%), Zinc: 1.47mg (9.83%), Potassium: 311.69mg (8.91%), Vitamin C: 7.34mg (8.89%), Magnesium: 26.2mg (6.55%), Vitamin B5: 0.55mg (5.49%), Iron: 0.98mg (5.47%), Manganese: 0.11mg (5.41%), Folate: 19.3µg (4.83%), Vitamin E: 0.54mg (3.59%), Copper: 0.07mg (3.58%), Fiber: 0.74g (2.96%), Calcium: 24.04mg (2.4%)