



Lentils and Pork Stew (Lentejas Estofadas con Cerdo)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots sliced
- ☐ 2 cups chicken broth
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound lentils rinsed
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 4 pork chops
- ☐ 1 large potatoes diced peeled
- ☐ 0.3 cup bell pepper red chopped
- ☐ 4 servings rice and hogao white for serving
- ☐ 4 servings salt and pepper
- ☐ 1 scallion chopped

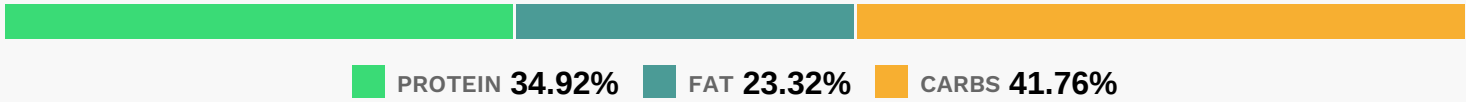
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In a large skillet, heat the olive oil over medium heat.
- ☐ Add the pork chops and cook until golden brown.
- ☐ Remove from the skillet and set aside.
- ☐ Add the onions, garlic, scallions and red pepper to the skillet. Cook for about 6 minutes or until onions are translucent.In a slow cooker, combine all ingredients except the potatoes, cilantro, salt and black pepper.Cover and cook on high for 4 hours.
- ☐ Add the potatoes and cook for 30 more minutes.Stir in cilantro and season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:93.59, Glycemic Load:17.54, Inflammation Score:-10, Nutrition Score:42.220869800319%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 540.23kcal (27.01%), Fat: 13.89g (21.36%), Saturated Fat: 3.92g (24.5%), Carbohydrates: 55.97g (18.66%), Net Carbohydrates: 35.55g (12.93%), Sugar: 4.42g (4.91%), Cholesterol: 92.13mg (30.71%), Sodium: 715.86mg (31.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.8g (93.59%), Vitamin B1: 1.52mg (101.13%), Vitamin B6: 1.64mg (81.87%), Fiber: 20.42g (81.68%), Folate: 299.44µg (74.86%), Selenium: 50.22µg (71.74%), Vitamin B3: 13.72mg (68.62%), Phosphorus: 634.1mg (63.41%), Vitamin A: 2911.21IU (58.22%), Manganese: 1.05mg (52.71%), Potassium: 1565.97mg (44.74%), Vitamin C: 35.81mg (43.41%), Zinc: 5.28mg (35.17%), Iron: 6.13mg (34.05%), Magnesium: 133.34mg (33.33%), Vitamin B2: 0.49mg (29.01%), Vitamin B5: 2.58mg (25.84%), Copper: 0.51mg (25.61%), Vitamin K: 15.79µg (15.04%), Vitamin B12: 0.73µg (12.23%), Vitamin E: 1.29mg (8.62%), Calcium: 73.53mg (7.35%), Vitamin D: 0.54µg (3.57%)