



WHATSheATE



HEALTH SCORE

76%

Maple Pork-and-Vegetable Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



12 ounce beer



0.3 teaspoon pepper black



1.8 cups carrots diagonally sliced ()



8 cups brown rice hot cooked



2 tablespoons cornstarch



1 tablespoon dijon mustard country-style



1 teaspoon rubbed sage dried



16 ounce less-sodium chicken broth fat-free canned

- ☐ 2 tablespoons maple syrup
- ☐ 8 ounce mushrooms quartered
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion diced
- ☐ 1.5 pound boned pork loin roast cut into 1-inch cubes
- ☐ 0.8 cup bell pepper diced red
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add half of the pork; saut 5 minutes or until browned.
- ☐ Remove from pan.
- ☐ Add remaining pork; saut 5 minutes or until browned.
- ☐ Remove from pan.
- ☐ Add onion and mushrooms to pan; saut 4 minutes. Return pork to pan; add carrot and next 7 ingredients (carrot though beer). Bring to a boil; reduce heat, and simmer 1 hour or until pork is tender.
- ☐ Combine cornstarch, vinegar, and mustard in a small bowl, and stir with a whisk.
- ☐ Add to pork mixture, and bring to a boil. Cook 3 minutes, stirring frequently.
- ☐ Serve with rice.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:26.05, Inflammation Score:-10, Nutrition Score:28.929130471271%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 426.85kcal (21.34%), Fat: 7.23g (11.13%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 60.96g (20.32%), Net Carbohydrates: 55.29g (20.11%), Sugar: 7.28g (8.09%), Cholesterol: 53.58mg (17.86%), Sodium: 394.25mg (17.14%), Alcohol: 1.66g (100%), Alcohol %: 0.42% (100%), Protein: 25.88g (51.75%), Manganese: 2.41mg (120.43%), Vitamin A: 5118.25IU (102.37%), Vitamin B6: 1.12mg (55.94%), Vitamin B3: 9.51mg (47.56%), Vitamin B1: 0.66mg (43.74%), Selenium: 28.64µg (40.91%), Phosphorus: 405.66mg (40.57%), Magnesium: 124.87mg (31.22%), Vitamin C: 23.11mg (28.01%), Vitamin B2: 0.42mg (24.87%), Fiber: 5.67g (22.68%), Potassium: 784.1mg (22.4%), Vitamin B5: 2.08mg (20.84%), Zinc: 3.12mg (20.82%), Copper: 0.34mg (17.22%), Iron: 2.02mg (11.24%), Vitamin B12: 0.57µg (9.45%), Folate: 35.26µg (8.81%), Vitamin K: 5.94µg (5.66%), Calcium: 55.32mg (5.53%), Vitamin E: 0.79mg (5.25%), Vitamin D: 0.4µg (2.65%)