



New England Pork Bowl

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon cut into 1/2-inch pieces
- 0.5 teaspoon pepper black
- 0.3 cup bourbon
- 1 tablespoon dijon mustard
- 48 ounce fat-skimmed beef broth fat-free canned
- 5 garlic minced
- 6 tablespoons spring onion chopped
- 1 cup leek thinly sliced (1 large)
- 0.3 cup maple syrup

- 2 cups onion vertically sliced
- 1 pound pork loin cut into thin strips
- 0.5 teaspoon salt
- 3 cups pkt spinach chopped
- 2 cups sweet potatoes and into cubed peeled (1-inch)
- 2 cups water
- 3 ounces cheddar cheese shredded white finely
- 4 cups frangelico hot tube-shaped cooked uncooked (8 ounces spaghetti)

Equipment

- bowl
- frying pan
- ziploc bags
- dutch oven

Directions

- Combine first 7 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 4 to 24 hours, turning bag occasionally.
- Remove pork from bag, reserving marinade.
- Cook bacon pieces in a large Dutch oven over medium-high heat until bacon is crisp.
- Remove the bacon from pan, reserving bacon drippings in pan, and set bacon aside.
- Add half of pork to bacon drippings in pan; saut 5 minutes, and remove pork from pan. Repeat procedure with remaining pork.
- Add sliced onion and leek to pan, and saut for 5 minutes.
- Add the reserved marinade, pork, sweet potato, water, and broth; bring to a boil. Reduce heat, and simmer for 10 minutes. Stir in cooked bacon and spinach, and cook for 1 minute.
- Place pasta into each of 6 large bowls, and top with broth mixture, cheese, and green onions.

Nutrition Facts



■ PROTEIN 30.63% ■ FAT 35.41% ■ CARBS 33.96%

Properties

Glycemic Index:58.92, Glycemic Load:9.9, Inflammation Score:0, Nutrition Score:27.697391344153%

Flavonoids

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 351.44kcal (17.57%), Fat: 12.93g (19.9%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 24.71g (8.99%), Sugar: 13.38g (14.87%), Cholesterol: 69.06mg (23.02%), Sodium: 1399.46mg (60.85%), Alcohol: 3.34g (100%), Alcohol %: 0.74% (100%), Protein: 25.17g (50.34%), Vitamin A: 8153.29IU (163.07%), Vitamin K: 93.55µg (89.09%), Selenium: 34.23µg (48.9%), Vitamin B6: 0.9mg (44.95%), Manganese: 0.82mg (40.8%), Phosphorus: 334.06mg (33.41%), Vitamin B3: 6.61mg (33.06%), Vitamin B1: 0.49mg (32.51%), Vitamin B2: 0.51mg (30.29%), Potassium: 784.12mg (22.4%), Calcium: 191.05mg (19.11%), Vitamin B12: 1.04µg (17.41%), Zinc: 2.55mg (17.03%), Magnesium: 66.41mg (16.6%), Folate: 62.97µg (15.74%), Vitamin C: 12.92mg (15.67%), Vitamin B5: 1.43mg (14.35%), Fiber: 3.19g (12.77%), Copper: 0.25mg (12.63%), Iron: 2.1mg (11.68%), Vitamin E: 0.86mg (5.76%), Vitamin D: 0.43µg (2.88%)