



## Paul Qui's Pakbet (Pinakbet, Filipino Vegetable Stew)

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 medium anaheim chili cut into 1/4-inch-thick strips
- 6 servings pepper black freshly ground
- 8 ounces baby eggplant chinese trimmed ( 1 large)
- 12 ounces kabocha squash peeled seeded ( )
- 6 servings kosher salt
- 8 ounces okra trimmed cut into 1/2-inch rounds
- 4 ounces pork belly skinless

- 1 cup shallots thinly sliced
- 1 tablespoon shrimp paste
- 8 ounces tomatoes cored ( 2 small)

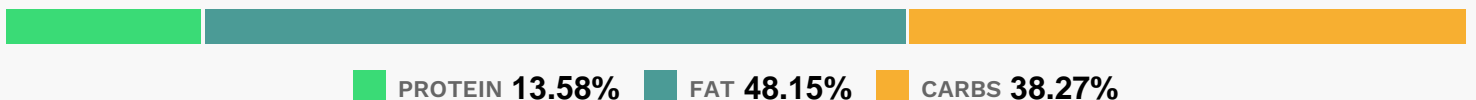
## Equipment

- pot
- slotted spoon
- dutch oven

## Directions

- Place the pork belly in a Dutch oven or large, heavy-bottomed pot over medium-low heat and cook, stirring occasionally, until browned and crisp, about 20 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate; set aside. Increase the heat to medium, add the shrimp paste, and cook, stirring constantly, until fragrant, about 2 minutes. Reduce the heat to medium low, add the shallots, and cook, stirring occasionally, until softened, about 3 minutes.
- Add the chile and cook, stirring occasionally, until softened, about 2 minutes.
- Add the squash, stir to combine, cover with a tightfitting lid, and simmer until the squash starts to soften, about 10 minutes.
- Add the tomatoes, stir to combine, cover, and simmer until softened, about 5 minutes.
- Add the eggplant, stir to combine, cover, and simmer until just cooked through, about 10 minutes. (If the stew is looking a bit dry at this point, add 2 tablespoons of water.)
- Add the okra, stir to combine, cover, and simmer until the okra is crisp-tender and bright green, about 10 minutes.
- Remove the pot from the heat, add the reserved pork belly, and stir to combine. Taste, season with salt and pepper as needed, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:2.85, Inflammation Score:-8, Nutrition Score:12.356086876081%

## Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

## Nutrients (% of daily need)

Calories: 185.07kcal (9.25%), Fat: 10.45g (16.08%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 13.45g (4.89%), Sugar: 7.55g (8.39%), Cholesterol: 42.11mg (14.04%), Sodium: 331.23mg (14.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Manganese: 0.65mg (32.53%), Vitamin C: 26.01mg (31.53%), Vitamin A: 1373.3IU (27.47%), Fiber: 5.24g (20.97%), Vitamin B6: 0.39mg (19.63%), Potassium: 655.65mg (18.73%), Vitamin K: 17.24µg (16.42%), Folate: 63.89µg (15.97%), Vitamin B1: 0.22mg (14.66%), Magnesium: 48.15mg (12.04%), Vitamin B3: 2.09mg (10.45%), Phosphorus: 98.47mg (9.85%), Copper: 0.18mg (9.02%), Iron: 1.51mg (8.42%), Calcium: 80.15mg (8.02%), Vitamin B2: 0.13mg (7.81%), Zinc: 0.82mg (5.43%), Vitamin B5: 0.5mg (5.03%), Vitamin E: 0.58mg (3.85%), Selenium: 2.6µg (3.71%), Vitamin B12: 0.16µg (2.65%)