



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)

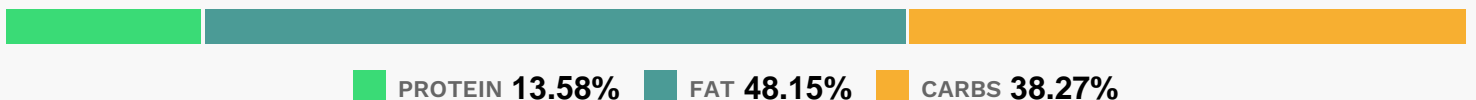
Equipment

- 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%)