



Pork and Bell Pepper Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 baking potatoes peeled cut into 1/2-inch cubes (1 pound)
- 1 bay leaf
- 0.8 teaspoon pepper black divided freshly ground
- 1.5 pounds pork loin boneless cut into 1/2-inch cubes
- 14.5 ounce canned tomatoes diced undrained canned
- 0.8 cup cooking wine dry white
- 1 cup less-sodium chicken broth fat-free
- 2 teaspoons flat-leaf parsley fresh chopped

- 1 teaspoon thyme leaves fresh chopped
- 1 tablespoon olive oil divided
- 1 orange bell pepper cut into 1/2-inch pieces
- 1 bell pepper red cut into 1/2-inch pieces
- 1 cup onion diced red
- 0.8 teaspoon salt divided
- 1 bell pepper yellow cut into 1/2-inch pieces

Equipment

- frying pan
- slotted spoon
- dutch oven

Directions

- Sprinkle pork with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- Add half of pork to pan; cook 3 minutes or until lightly browned.
- Remove from pan with a slotted spoon.
- Add remaining 1 1/2 teaspoons oil to pan.
- Add remaining pork to pan; cook 3 minutes or until lightly browned.
- Remove from pan with a slotted spoon; keep warm.
- Coat pan with cooking spray; add onion and bell peppers.
- Add wine, scraping pan to loosen browned bits. Return pork to pan.
- Add broth and next 4 ingredients (through bay leaf). Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours or until pork is tender. Uncover and simmer 30 minutes or until sauce thickens. Discard bay leaf. Stir in remaining 1/2 teaspoon salt and remaining 1/2 teaspoon pepper.
- Sprinkle with parsley.

Nutrition Facts



■ PROTEIN 41.11% ■ FAT 23.62% ■ CARBS 35.27%

Properties

Glycemic Index:56.29, Glycemic Load:12.71, Inflammation Score:-9, Nutrition Score:25.826956769694%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 301.8kcal (15.09%), Fat: 7.45g (11.47%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 21.24g (7.73%), Sugar: 6.6g (7.33%), Cholesterol: 71.44mg (23.81%), Sodium: 599.67mg (26.07%), Alcohol: 3.09g (100%), Alcohol %: 0.95% (100%), Protein: 29.19g (58.38%), Vitamin C: 100.08mg (121.31%), Vitamin B6: 1.41mg (70.36%), Selenium: 33.21µg (47.45%), Vitamin B3: 8.94mg (44.68%), Vitamin B1: 0.66mg (43.72%), Phosphorus: 349.27mg (34.93%), Potassium: 1123.95mg (32.11%), Vitamin A: 1451.22IU (29.02%), Manganese: 0.43mg (21.29%), Vitamin B2: 0.33mg (19.5%), Magnesium: 73.71mg (18.43%), Zinc: 2.66mg (17.76%), Copper: 0.32mg (15.83%), Fiber: 3.8g (15.22%), Vitamin B5: 1.5mg (15.05%), Iron: 2.67mg (14.85%), Vitamin E: 1.98mg (13.21%), Folate: 48.27µg (12.07%), Vitamin B12: 0.65µg (10.9%), Vitamin K: 9.44µg (8.99%), Calcium: 56.34mg (5.63%), Vitamin D: 0.45µg (3.02%)