



HEALTH SCORE

66%

Pork-and-Greens Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



170 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz oktoberfest beer
- ☐ 21.5 oz condensed chicken broth undiluted canned
- ☐ 15 oz hominy white rinsed drained canned
- ☐ 1 teaspoon pepper
- ☐ 3.5 lb pork shoulder roast boneless trimmed
- ☐ 1 teaspoon salt
- ☐ 1 large onion sweet chopped
- ☐ 16 oz turnip greens frozen thawed chopped

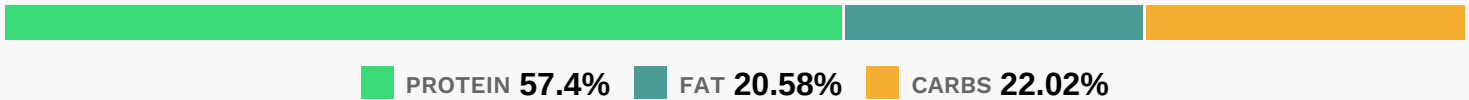
Equipment

☐ dutch oven

Directions

- ☐ Cut pork into 3-inch pieces; sprinkle evenly with salt and pepper, and place in a large Dutch oven. Stir in beer, broth, and onion. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 1 1/2 to 2 hours or until pork shreds easily with a fork.
- ☐ Remove pork, and shred with 2 forks. Skim fat from surface of broth in Dutch oven.
- ☐ Return pork to Dutch oven, and stir in greens and hominy. Bring to a boil; reduce heat, and simmer 20 minutes or until greens are tender.
- ☐ Note: For testing purposes only, we used Saint Arnold Oktoberfest beer.
- ☐ Kitchen Express Pork-and-Greens Stew: Omit salt. Substitute 2 (17-oz.) packages fully cooked pork roast au jus for pork shoulder roast. Rinse pork roast, and shred.
- ☐ Combine pork, pepper, beer, broth, and onion in Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes. Stir in greens and hominy. Bring to a boil; reduce heat, and simmer 20 minutes or until greens are tender. Note: For testing purposes only, we used Hormel Pork Roast Au Jus.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:42.420434993246%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 363.45kcal (18.17%), Fat: 7.59g (11.67%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 14.68g (5.34%), Sugar: 3.83g (4.26%), Cholesterol: 120.59mg (40.2%), Sodium: 893.34mg (38.84%), Alcohol: 3.32g (100%), Alcohol %: 0.82% (100%), Protein: 47.6g (95.21%), Vitamin K: 142.95µg (136.15%), Vitamin A: 6573.55IU (131.47%), Vitamin B3: 20.07mg (100.37%), Vitamin B1: 1.36mg (90.58%), Vitamin B6: 1.68mg (83.91%), Selenium: 54.51µg (77.87%), Vitamin B2: 1.06mg (62.21%), Phosphorus: 523.38mg (52.34%), Vitamin C: 36.01mg (43.64%), Folate: 125.19µg (31.3%), Zinc: 4.65mg (31.03%), Vitamin B12: 1.76µg (29.31%), Potassium: 1012.04mg (28.92%), Vitamin B5: 2.33mg (23.32%), Magnesium: 87.7mg (21.93%), Manganese: 0.44mg (21.76%), Copper: 0.41mg (20.38%), Iron: 2.92mg (16.24%), Fiber: 3.58g (14.32%), Calcium: 142.95mg (14.29%), Vitamin E: 1.85mg (12.32%)