



Pork and Squash Stew

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



10

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 cups beef broth divided
- 1 large butternut squash cubed peeled
- 3 carrots peeled sliced
- 3 stalks celery chopped
- 4 cups chicken broth divided
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon sage dried

- 0.3 teaspoon thyme leaves dried
- 3 cloves garlic sliced
- 2 apples diced green cored peeled
- 10 servings salt and ground pepper black to taste
- 1 large onion chopped
- 2 pounds boston butt pork shoulder cut into 1-inch cubes
- 3 large potatoes cubed peeled
- 2 tablespoons vegetable oil

Equipment

- sauce pan
- pot

Directions

- Heat vegetable oil in a large stock pot over medium heat. Brown the pork cubes in the hot oil, about 10 minutes. Cook and stir onion and garlic with pork until onion is pink and pork is no longer pink in middle, about 5 minutes.
- Bring 2 cups chicken broth and 2 cups beef broth to a boil in a separate saucepan. Stir rosemary, sage, bay leaves, and thyme into broth mixture; continue cooking at a boil until broth is reduced by half, about 10 minutes.
- Pour reduced broth into pork mixture along with remaining 2 cups chicken and beef broth. Bring to a boil.
- Stir butternut squash, potatoes, carrots, and celery into soup. Reduce heat to low and simmer until squash is tender, 10 to 15 minutes.
- Stir apples into soup and simmer until tender, about 10 minutes; season with salt and black pepper.
- Remove pot from heat and let soup cool for 10 minutes before serving.

Nutrition Facts



PROTEIN 22.9% **FAT 23.73%** **CARBS 53.37%**

Properties

Glycemic Index:35.36, Glycemic Load:16.52, Inflammation Score:-10, Nutrition Score:23.681304309679%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 273.15kcal (13.66%), Fat: 7.41g (11.4%), Saturated Fat: 1.98g (12.34%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 31.66g (11.51%), Sugar: 8.38g (9.31%), Cholesterol: 38.96mg (12.99%), Sodium: 780.94mg (33.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.17%), Vitamin A: 11113.99IU (222.28%), Vitamin C: 42.54mg (51.57%), Vitamin B1: 0.7mg (46.94%), Vitamin B6: 0.76mg (38.02%), Potassium: 1143.42mg (32.67%), Vitamin B3: 5.67mg (28.33%), Selenium: 18.36µg (26.22%), Manganese: 0.48mg (24.12%), Phosphorus: 235.12mg (23.51%), Fiber: 5.83g (23.32%), Vitamin B2: 0.33mg (19.54%), Magnesium: 72.77mg (18.19%), Zinc: 2.35mg (15.67%), Vitamin K: 15.37µg (14.64%), Iron: 2.51mg (13.96%), Copper: 0.27mg (13.69%), Folate: 54.55µg (13.64%), Vitamin B5: 1.24mg (12.37%), Vitamin E: 1.58mg (10.51%), Vitamin B12: 0.55µg (9.18%), Calcium: 85.81mg (8.58%)