



## Pork and Sweet Potato Chili

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 lb pork loin boneless trimmed of fat cut into 3/4-inch cubes
- 4 teaspoons chili powder
- 1 cup chicken broth (from 32-oz carton)
- 2 medium sweet potatoes and into peeled cut into 3/4-inch cubes ( 3 cups)
- 15.5 oz great northern beans rinsed drained canned
- 14.5 oz tomatoes diced undrained canned

- 1 teaspoon orange zest grated
- 1 teaspoon salt
- 0.5 teaspoon pepper

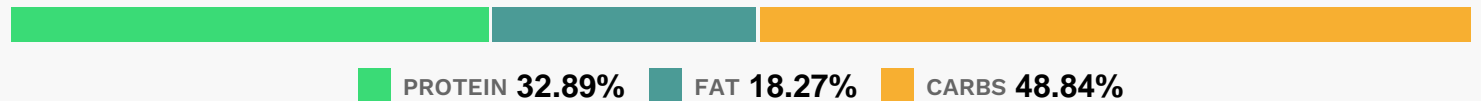
## Equipment

- sauce pan

## Directions

- In 4-quart saucepan, heat oil over medium-high heat. Cook onion in oil about 2 minutes, stirring frequently, until tender.
- Add pork and chili powder; cook and stir about 4 minutes or until pork is no longer pink.
- Stir in remaining ingredients. Reduce heat to medium-low. Cover and simmer 15 to 20 minutes or until sweet potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:8.05, Inflammation Score:-10, Nutrition Score:23.832608741263%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

## Nutrients (% of daily need)

Calories: 297.86kcal (14.89%), Fat: 6.12g (9.42%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 29.28g (10.65%), Sugar: 6.18g (6.86%), Cholesterol: 48.41mg (16.14%), Sodium: 735.29mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.57%), Vitamin A: 11166.66IU (223.33%), Vitamin B6: 0.94mg (47.14%), Vitamin B1: 0.55mg (36.91%), Selenium: 25.04µg (35.77%), Phosphorus: 331.76mg (33.18%), Manganese: 0.65mg (32.43%), Fiber: 7.53g (30.11%), Vitamin B3: 5.86mg (29.32%), Potassium: 997.48mg (28.5%), Magnesium: 88.79mg (22.2%), Folate: 78.66µg (19.66%), Vitamin B2: 0.31mg (18.38%), Copper: 0.35mg (17.72%), Iron: 3.03mg (16.84%), Zinc: 2.29mg (15.28%), Vitamin B5: 1.5mg (15.02%), Vitamin C: 11.57mg (14.02%), Vitamin E:

1.63mg (10.85%), Calcium: 100.07mg (10.01%), Vitamin B12: 0.39µg (6.56%), Vitamin K: 6.54µg (6.23%), Vitamin D:  
0.3µg (2.02%)