



 **59%**  
HEALTH SCORE

## Pork and Vegetable Stew

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

READY IN



**45 min.**

SERVINGS



**9**

CALORIES



**178 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds pork loin boneless cut into 2-inch pieces
- 3 cups butternut squash cubed peeled (1-inch) ( 14 ounces)
- 28 ounce canned tomatoes diced undrained canned
- 1.5 cups matchstick-cut carrot
- 1.3 cups celery finely chopped
- 1 teaspoon rubbed sage dried
- 14 ounce less-sodium chicken broth fat-free canned
- 1 garlic clove minced

- 2 teaspoons olive oil
- 1 cup onion finely chopped
- 1 tablespoon orange rind grated
- 0.8 teaspoon pepper
- 0.5 teaspoon salt

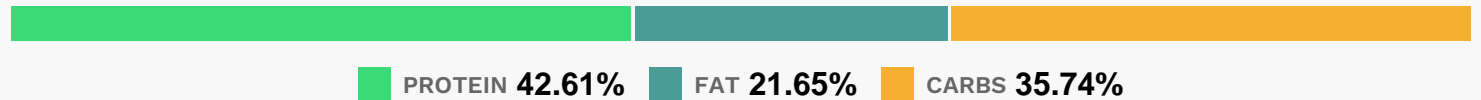
## Equipment

- dutch oven

## Directions

- Heat oil in Dutch oven coated with cooking spray over medium-high heat.
- Add pork; cook 5 minutes, stirring occasionally.
- Add onion; saut 5 minutes. Stir in squash and next 8 ingredients. Bring to a boil; cover, reduce heat, and simmer 45 minutes or until squash and pork are tender. Stir in orange rind.
- carbo rating: 9

## Nutrition Facts



## Properties

Glycemic Index:22.87, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:20.840869530388%

## Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## Nutrients (% of daily need)

Calories: 178.05kcal (8.9%), Fat: 4.43g (6.81%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 12.6g (4.58%), Sugar: 6.93g (7.7%), Cholesterol: 47.63mg (15.88%), Sodium: 491.67mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Vitamin A: 8781.98IU (175.64%), Vitamin B6: 0.85mg (42.42%), Selenium: 22.9µg (32.72%), Vitamin B3: 6.51mg (32.57%), Vitamin B1: 0.48mg (31.85%), Vitamin C:

21.94mg (26.59%), Potassium: 854.47mg (24.41%), Phosphorus: 235.48mg (23.55%), Manganese: 0.36mg (18.06%),  
Fiber: 3.86g (15.43%), Magnesium: 60.05mg (15.01%), Vitamin E: 2.19mg (14.58%), Vitamin B2: 0.23mg (13.66%),  
Copper: 0.27mg (13.63%), Vitamin K: 13.19µg (12.56%), Zinc: 1.79mg (11.91%), Iron: 2.11mg (11.72%), Vitamin B5: 1.17mg  
(11.7%), Folate: 37.26µg (9.31%), Vitamin B12: 0.47µg (7.9%), Calcium: 77.36mg (7.74%), Vitamin D: 0.3µg (2.02%)