



Pork Fricassee With Sweet Potatoes

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup vermouth dry
- ☐ 3 tablespoons flour all-purpose
- ☐ 5 garlic cloves minced
- ☐ 1 cup low-salt chicken broth
- ☐ 8 ounce mushrooms quartered
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound boned pork loin cut into 1-inch cubes

- ☐ 0.5 teaspoon salt
- ☐ 3 cups sweet potatoes and into cubed peeled 1-inch 1 pound
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon or dried fresh chopped

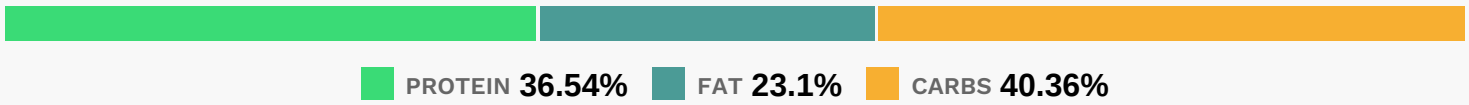
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Combine flour, salt, and pepper in a shallow dish; dredge pork in flour mixture.
- ☐ Heat vegetable oil in a large Dutch oven over medium-high heat.
- ☐ Add pork and onion, and saut 4 minutes. Stir in vermouth and broth, scraping pan to loosen browned bits.
- ☐ Add potato and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 40 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:8.35, Inflammation Score:-10, Nutrition Score:17.348260920981%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 216.8kcal (10.84%), Fat: 5.02g (7.72%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 17.04g (6.2%), Sugar: 4.07g (4.53%), Cholesterol: 40.82mg (13.61%), Sodium: 242.33mg (10.54%), Alcohol: 3.26g (100%), Alcohol %: 1.63% (100%), Protein: 17.86g (35.72%), Vitamin A: 8104.49IU (162.09%), Vitamin

B6: 0.71mg (35.44%), Selenium: 22.83µg (32.61%), Vitamin B3: 5.92mg (29.6%), Vitamin B1: 0.4mg (26.67%), Phosphorus: 224.32mg (22.43%), Vitamin B2: 0.32mg (18.93%), Potassium: 615.91mg (17.6%), Vitamin B5: 1.48mg (14.8%), Manganese: 0.27mg (13.63%), Copper: 0.27mg (13.35%), Zinc: 1.64mg (10.94%), Fiber: 2.69g (10.75%), Magnesium: 39.23mg (9.81%), Vitamin K: 9.75µg (9.29%), Iron: 1.25mg (6.96%), Vitamin B12: 0.38µg (6.29%), Folate: 22.86µg (5.72%), Vitamin C: 4.5mg (5.46%), Calcium: 37.42mg (3.74%), Vitamin E: 0.42mg (2.83%), Vitamin D: 0.32µg (2.16%)