



## Pork Goulash

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 slices bacon chopped
- 3 cups baking potato cubed peeled
- 1 cup beef broth
- 1 tablespoon brown sugar
- 0.5 cup carrots sliced
- 1 teaspoon marjoram dried
- 12 ounce beer light canned
- 1 cup onion diced

- 2 teaspoons paprika
- 0.5 cup parsnips sliced
- 0.5 teaspoon pepper
- 3 pound boned pork loin roast lean cut into 1-inch pieces
- 1 teaspoon salt
- 6 cups savoy cabbage coarsely chopped
- 1 cup sacramento tomato juice

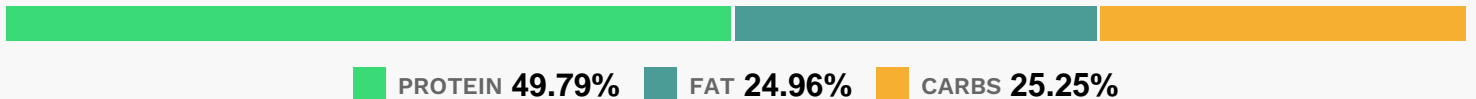
## Equipment

- frying pan
- dutch oven

## Directions

- Place a Dutch oven coated with cooking spray over medium-high heat until hot.
- Add pork; cook 5 minutes, browning on all sides.
- Drain; set aside.
- Cook bacon in pan over medium heat until crisp.
- Add the onion, carrot, and parsnip to pan; saut 10 minutes or until tender.
- Add tomato juice and next 7 ingredients (tomato juice through beer). Bring to a boil; cover, reduce heat, and simmer 1 1/2 hours or until meat is tender, stirring occasionally.
- Add cabbage and potato; cover and simmer 30 minutes or until potato is tender.

## Nutrition Facts



## Properties

Glycemic Index:40.11, Glycemic Load:10.13, Inflammation Score:-9, Nutrition Score:28.848261128301%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg  
Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

## Nutrients (% of daily need)

Calories: 350.64kcal (17.53%), Fat: 9.4g (14.46%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 17.73g (6.45%), Sugar: 5.79g (6.44%), Cholesterol: 110.79mg (36.93%), Sodium: 552.24mg (24.01%), Alcohol: 1.32g (100%), Alcohol %: 0.39% (100%), Protein: 42.19g (84.38%), Vitamin B6: 1.7mg (84.91%), Selenium: 49.71µg (71.01%), Vitamin B1: 0.89mg (59.49%), Vitamin B3: 11.55mg (57.76%), Phosphorus: 474.46mg (47.45%), Vitamin A: 2249.13IU (44.98%), Vitamin K: 41.52µg (39.54%), Vitamin C: 28.42mg (34.44%), Potassium: 1198.33mg (34.24%), Zinc: 3.61mg (24.06%), Vitamin B2: 0.4mg (23.5%), Magnesium: 85.25mg (21.31%), Vitamin B5: 1.77mg (17.73%), Folate: 70.31µg (17.58%), Manganese: 0.33mg (16.61%), Vitamin B12: 0.92µg (15.41%), Fiber: 3.66g (14.65%), Copper: 0.24mg (12.01%), Iron: 2.09mg (11.59%), Calcium: 54.61mg (5.46%), Vitamin E: 0.76mg (5.1%), Vitamin D: 0.7µg (4.68%)