Pork Goulash with Apple and Onion

READY IN	SERVINGS	CALORIES
55 min.	6	865 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 cup cloudy apple juice organic
- [ ] 2 medium apples such as gala or honeycrisp
- [ ] 5 ounces smoky bacon chopped
- [ ] 1 large bay leaf
- [ ] 6 servings butter
- [ ] 2 cups chicken stock see
- [ ] 2 fresno chile peppers seeded finely chopped
- [ ] 2 tablespoons optional: dill fresh chopped
- [ ] 2 tablespoons parsley fresh chopped

- [ ] 2 tablespoons thyme leaves fresh
- [ ] 2 teaspoons ground coriander
- [ ] 2 teaspoons ground cumin
- [ ] 0.5 juice of lemon
- [ ] 6 servings kosher salt and pepper freshly ground
- [ ] 2 tablespoons olive oil
- [ ] 2 medium onions finely chopped
- [ ] 2 pounds hand-chopped pork shoulder canned (you can use ground pork from the meat case, but the dish will have more of a ground beef chili consistency)
- [ ] 2 cups sharp cheddar shredded white
- [ ] 1 cup cup heavy whipping cream sour
- [ ] 3 tablespoons paprika sweet
- [ ] 6 servings extra-wide egg noodles

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] wooden spoon
- [ ] slotted spoon
- [ ] dutch oven

Directions

- [ ] Heat the oil in a large Dutch oven over medium-high heat.
- [ ] Add the bacon and cook until crisp; remove with a slotted spoon. Pat the pork dry with paper towels, add to the hot bacon drippings and allow the meat to form a browned crust. Flip the pork, cook until the other side is browned and then crumble the pork with a wooden spoon. Season with salt and pepper.
- [ ] While the pork browns, peel and chop the apples.

- [ ] Add to the pork along with the thyme, chile peppers, onions and bay leaf and stir to soften, about 5 minutes.
- [ ] Add the paprika, coriander and cumin and stir for 1 minute. Return the bacon to the pan and add the chicken stock, cider and lemon juice. Bring to a boil, then reduce the heat and simmer until thickened and the pork is tender (for hand-cut shoulder).
- [ ] Add a little more stock or water if the goulash dries out too quickly.
- [ ] To serve, cook the noodles and toss with butter. Stir in the dill and parsley. Fill serving bowls with the noodles and a ladleful of goulash. Top with the cheese and sour cream.

Nutrition Facts

PROTEIN **19.47%** FAT **50.96%** CARBS **29.57%**

Properties

Glycemic Index:62.96, Glycemic Load:21.58, Inflammation Score:-10, Nutrition Score:35.725652435552%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg, Quercetin: 10.08mg

Nutrients (% of daily need)

Calories: 864.65kcal (43.23%), Fat: 49.38g (75.97%), Saturated Fat: 20.8g (130.02%), Carbohydrates: 64.48g (21.49%), Net Carbohydrates: 58.33g (21.21%), Sugar: 14.75g (16.39%), Cholesterol: 197.86mg (65.95%), Sodium: 845.92mg (36.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.91%), Selenium: 90.69µg (129.55%), Vitamin B1: 1.08mg (72.33%), Phosphorus: 625.46mg (62.55%), Vitamin A: 2936.08IU (58.72%), Vitamin B2: 0.76mg (44.8%), Vitamin B6: 0.89mg (44.72%), Vitamin C: 35.3mg (42.79%), Zinc: 6.28mg (41.87%), Vitamin B3: 8.15mg (40.75%), Calcium: 389.03mg (38.9%), Manganese: 0.75mg (37.41%), Vitamin K: 33.37µg (31.78%), Potassium: 972.15mg (27.78%), Iron: 4.7mg (26.09%), Vitamin B12: 1.54µg (25.73%), Magnesium: 98.64mg (24.66%),

Fiber: 6.15g (24.59%), Copper: 0.43mg (21.68%), Vitamin B5: 1.92mg (19.18%), Vitamin E: 2.83mg (18.84%), Folate: 53.04µg (13.26%), Vitamin D: 0.49µg (3.26%)