



Pork Stew with Cipollini, Mushrooms, and Chestnuts

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 1.5 cups carrots (1-inch)
- 1 cup bottled chestnuts coarsely chopped
- 1 pound cipollini onions peeled
- 2 teaspoons rubbed sage dried
- 1 cup cooking wine dry white
- 4 cups less-sodium chicken broth fat-free

- 0.3 cup flour all-purpose
- 5 garlic cloves minced
- 1.5 ounces mushroom medley dried
- 2 teaspoons olive oil
- 2 pounds boston butt pork roast boneless trimmed cut into bite-sized pieces
- 0.8 teaspoon salt divided

Equipment

- bowl
- frying pan
- sauce pan
- dutch oven
- colander

Directions

- Bring broth and mushrooms to a boil in a medium saucepan.
- Remove from heat; cover and let stand 20 minutes or until tender.
- Drain mushrooms in a colander over a bowl, reserving broth.
- Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add onions; saut 6 minutes or until lightly browned.
- Add garlic; saut 1 minute. Spoon onion mixture into a large bowl.
- Place flour in a shallow bowl or pie plate. Dredge pork in flour, shaking off excess.
- Heat oil in pan over medium-high heat.
- Add half of pork mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon pepper. Cook 6 minutes, browning on all sides.
- Add pork to onion mixture. Repeat procedure with remaining pork mixture, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- Add wine to pan, scraping pan to loosen browned bits. Stir in reserved broth, pork mixture, and sage; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until pork is almost tender.

Stir in carrot. Simmer, uncovered, 20 minutes. Stir in mushrooms, 1/2 teaspoon salt, 1/4 teaspoon pepper, and chestnuts; simmer 10 minutes.

Nutrition Facts

PROTEIN 37.65% **FAT 28.74%** **CARBS 33.61%**

Properties

Glycemic Index:38.98, Glycemic Load:9.42, Inflammation Score:-10, Nutrition Score:22.501739232436%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg

Nutrients (% of daily need)

Calories: 278.53kcal (13.93%), Fat: 8.09g (12.45%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 21.29g (7.1%), Net Carbohydrates: 19.38g (7.05%), Sugar: 4.14g (4.6%), Cholesterol: 68.04mg (22.68%), Sodium: 777.36mg (33.8%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 23.85g (47.7%), Vitamin A: 4017.55IU (80.35%), Selenium: 37.35µg (53.35%), Vitamin B1: 0.76mg (50.61%), Vitamin B6: 0.82mg (40.89%), Vitamin B3: 6.65mg (33.27%), Vitamin B2: 0.55mg (32.08%), Phosphorus: 291.87mg (29.19%), Zinc: 4.2mg (28%), Vitamin B5: 2.26mg (22.62%), Vitamin B12: 1.26µg (21.02%), Potassium: 717.84mg (20.51%), Vitamin C: 13.5mg (16.37%), Manganese: 0.32mg (15.83%), Copper: 0.28mg (13.9%), Iron: 2.29mg (12.7%), Magnesium: 45.41mg (11.35%), Folate: 37.72µg (9.43%), Fiber: 1.91g (7.64%), Calcium: 52.92mg (5.29%), Vitamin D: 0.69µg (4.61%), Vitamin K: 4.8µg (4.57%), Vitamin E: 0.59mg (3.96%)