



Pork Stew with Fennel and Butternut Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 inch butternut squash peeled (part of 3-pound squash)
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon rubbed sage dried
- ☐ 1 cup cooking wine dry red
- ☐ 2 large fennel bulbs; fronds and reserved fresh chopped cut into 1-inch cubes (5 cups)
- ☐ 3 garlic cloves chopped
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onions chopped
- ☐ 4 ounces pancetta thinly sliced chopped
- ☐ 3 pounds pieces pork shoulder trimmed (Boston butt)
- ☐ 2 teaspoons salt

Equipment

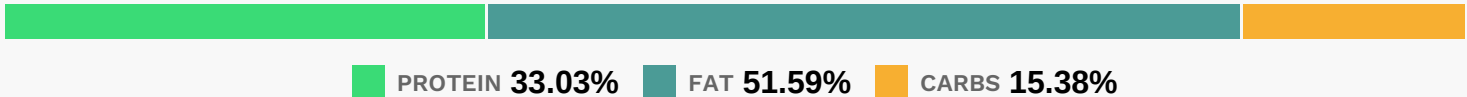
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Place pork in large bowl.
- ☐ Mix next 6 ingredients in small bowl; sprinkle over pork, turning pork to coat evenly.
- ☐ Let stand 30 minutes.
- ☐ Preheat oven to 350°F.
- ☐ Heat oil in large ovenproof pot over medium-high heat.
- ☐ Add pancetta and sauté until beginning to brown, about 3 minutes. Using slotted spoon, transfer pancetta to medium bowl.
- ☐ Add half of pork to pot; sauté until brown, about 8 minutes. Using slotted spoon, transfer pork to bowl with pancetta. Repeat with remaining pork.
- ☐ Add onions and garlic to pot; sauté until soft, about 5 minutes.
- ☐ Add tomatoes with juices, broth, wine, and pork mixture. Bring to boil, scraping up browned bits.
- ☐ Cover pot; place in oven. Cook stew 1 hour.

- ☐
- Add fennel bulbs, chopped fronds, and squash cubes to stew. Cover and cook in oven until pork and vegetables are tender, about 30 minutes. Using slotted spoon, transfer meat and vegetables to large bowl; cover. Boil sauce over medium–high heat until thickened enough to coat spoon, about 25 minutes. Return meat and vegetables to sauce; season with salt and pepper. (Can be made 1 day ahead. Cool 30 minutes. Chill uncovered until cold, then cover and keep chilled.) Rewarm over low heat.
- ☐
- *Pancetta, Italian bacon cured in salt, is available at Italian markets and some specialty foods stores and supermarkets.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:2.79, Inflammation Score:–9, Nutrition Score:26.7147828807%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 426.2kcal (21.31%), Fat: 22.82g (35.11%), Saturated Fat: 6.85g (42.79%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 11.53g (4.19%), Sugar: 5.77g (6.41%), Cholesterol: 105.17mg (35.06%), Sodium: 1072.72mg (46.64%), Alcohol: 4.2g (100%), Alcohol %: 0.95% (100%), Protein: 32.88g (65.76%), Vitamin B1: 1.32mg (88.3%), Selenium: 45.78µg (65.4%), Vitamin K: 53.14µg (50.61%), Vitamin B3: 8.5mg (42.52%), Phosphorus: 392.57mg (39.26%), Vitamin B6: 0.78mg (38.86%), Zinc: 4.94mg (32.96%), Vitamin A: 1543.29IU (30.87%), Vitamin B2: 0.52mg (30.54%), Potassium: 1037.9mg (29.65%), Vitamin B12: 1.34µg (22.25%), Vitamin C: 17.68mg (21.44%), Manganese: 0.37mg (18.29%), Iron: 2.83mg (15.71%), Vitamin B5: 1.55mg (15.53%), Fiber: 3.78g (15.1%), Magnesium: 56.64mg (14.16%), Copper: 0.28mg (13.76%), Folate: 41.94µg (10.48%), Vitamin E: 1.45mg (9.7%), Calcium: 85.53mg (8.55%)