



Pork Stew with Parsnips and Apricots

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1.5 pounds pork loin boneless cut into 1/2-inch pieces
- 1 cup celery thinly sliced
- 0.8 cup apricots dried finely chopped
- 2 teaspoons rubbed sage dried
- 1 teaspoon thyme leaves dried
- 42 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons flat-leaf parsley fresh chopped

- 0.3 teaspoon coarsely ground pepper black
- 0.8 teaspoon kosher salt
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 4 cups parsnips peeled ()
- 0.3 cup tomato paste
- 2 tablespoons water

Equipment

- frying pan
- paper towels
- dutch oven

Directions

- Heat the oil in a Dutch oven over medium-high heat.
- Add pork, and cook 6 minutes or until browned, stirring occasionally.
- Remove pork from pan, and wipe pan with a paper towel, leaving browned bits on bottom of pan.
- Add onion, celery, and water; cook 3 minutes, scraping pan to loosen browned bits. Return pork to pan.
- Add tomato paste and the next 6 ingredients (tomato paste through bay leaves), and bring stew to a boil. Cover, reduce heat, and simmer 1 hour.
- Stir in parsnip and apricots; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until pork is tender. Discard bay leaves; sprinkle with parsley.

Nutrition Facts

 **PROTEIN 36.62%**  **FAT 21.96%**  **CARBS 41.42%**

Properties

Glycemic Index:42.23, Glycemic Load:10.69, Inflammation Score:-8, Nutrition Score:26.339130629664%

Flavonoids

Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 312.58kcal (15.63%), Fat: 7.78g (11.96%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 25.91g (9.42%), Sugar: 16.5g (18.33%), Cholesterol: 71.44mg (23.81%), Sodium: 1270.86mg (55.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.35%), Selenium: 38.59µg (55.13%), Vitamin B6: 1.07mg (53.74%), Vitamin K: 53.63µg (51.07%), Vitamin B3: 9.13mg (45.64%), Vitamin B1: 0.63mg (41.95%), Phosphorus: 377.47mg (37.75%), Potassium: 1227.97mg (35.08%), Manganese: 0.7mg (34.84%), Fiber: 7.08g (28.31%), Vitamin C: 22.99mg (27.87%), Vitamin B2: 0.35mg (20.56%), Vitamin E: 3.06mg (20.38%), Folate: 80.64µg (20.16%), Zinc: 2.86mg (19.04%), Vitamin A: 951.65IU (19.03%), Magnesium: 74.23mg (18.56%), Vitamin B5: 1.81mg (18.11%), Copper: 0.33mg (16.64%), Vitamin B12: 0.98µg (16.25%), Iron: 2.62mg (14.58%), Calcium: 80.87mg (8.09%), Vitamin D: 0.45µg (3.02%)