



Pork Stew with Pumpkin

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds pork loin boneless trimmed cut into 1/2-inch pieces
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.8 cup celery finely chopped
- ☐ 3 cups extra wide egg noodles cooked uncooked
- ☐ 10 ounce whole-kernel corn frozen
- ☐ 2 teaspoons rubbed sage dried
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned

- ☐ 6 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 teaspoons orange rind grated
- ☐ 4 cups pumpkin fresh cubed peeled ()
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1 teaspoon salt

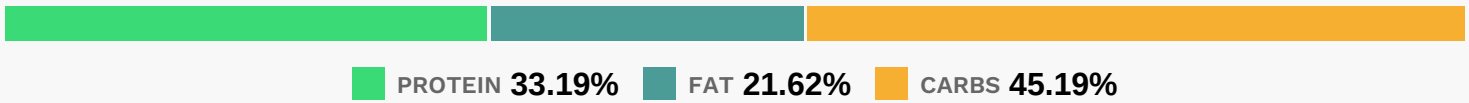
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over high heat.
- ☐ Add pork; cook 4 minutes or until browned, stirring occasionally.
- ☐ Add onion, bell pepper, and celery; cook for 2 minutes, stirring occasionally. Stir in sage, salt, black pepper, tomatoes, and broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in pumpkin and corn; bring to a boil. Cover, reduce heat, and simmer 1 hour or until pumpkin is tender. Stir in grated rind.
- ☐ Serve over noodles; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:16.61, Inflammation Score:-10, Nutrition Score:37.087391210639%

Flavonoids

Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 399.05kcal (19.95%), Fat: 9.9g (15.23%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 46.56g (15.52%), Net Carbohydrates: 40.32g (14.66%), Sugar: 12.85g (14.28%), Cholesterol: 94.64mg (31.55%), Sodium: 1014.13mg (44.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.39%), Vitamin A: 8083.28IU (161.67%), Vitamin K: 80.73µg (76.89%), Selenium: 53.58µg (76.54%), Vitamin C: 60.28mg (73.06%), Vitamin B6: 1.29mg (64.27%), Vitamin B3: 10.15mg (50.73%), Vitamin B1: 0.72mg (47.97%), Phosphorus: 441.55mg (44.16%), Manganese: 0.76mg (38.25%), Potassium: 1338.4mg (38.24%), Vitamin B2: 0.48mg (28.16%), Copper: 0.54mg (27.07%), Fiber: 6.24g (24.96%), Magnesium: 98.47mg (24.62%), Vitamin E: 3.6mg (24.02%), Zinc: 3.5mg (23.36%), Iron: 4.14mg (22.99%), Vitamin B5: 2.07mg (20.68%), Folate: 80.77µg (20.19%), Vitamin B12: 0.79µg (13.12%), Calcium: 101.72mg (10.17%), Vitamin D: 0.53µg (3.56%)