



Porkolt (Hungarian Stew) Made With Pork

READY IN



135 min.

SERVINGS



14

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon diced
- 0.7 cup beef broth
- 28 ounce tomatoes diced with liquid canned
- 1.5 teaspoons garlic powder
- 0.3 teaspoon ground pepper black
- 0.3 cup hungarian paprika
- 2 cups cup heavy whipping cream sour reduced-fat
- 2 large onions diced
- 5 pounds pork chops boneless trimmed

- 12 ounce wide egg noodles
- 1 large bell pepper diced yellow seeded

Equipment

- frying pan
- paper towels
- ladle
- pot
- colander
- cutting board

Directions

- Place the bacon in a large, deep skillet, and cook over medium-high heat until evenly browned, about 10 minutes.
- Drain, and reserve the drippings.
- Add the onions to the bacon and cook together until the onion is translucent.
- Remove skillet from heat and stir the paprika, garlic powder, and pepper into the bacon mixture.
- Transfer the mixture into a large stockpot.
- Heat a small amount of the reserved bacon drippings in the skillet again over medium-high heat. Cook the pork chops in batches in the hot drippings until evenly browned on both sides. Use additional bacon drippings for each batch as needed.
- Remove the pork chops to a cutting board and blot excess fat off the surface of the chops with a paper towel; cut into bite-sized cubes and stir into the bacon mixture.
- Heat a small amount of the bacon drippings in the skillet; cook and stir the bell pepper in the hot drippings until softened and fragrant; drain on a plate lined with paper towels. Stir the cooked pepper into the bacon mixture.
- Pour the tomatoes with liquid and beef broth into a stockpot and place the pot over medium-high heat. Bring to a simmer and reduce heat to medium-low. Cook until the stew begins to thicken, stirring occasionally, about 90 minutes. Stir the sour cream into the stew just before serving.

- Bring a pot with lightly-salted water and bring to a rolling boil; add the egg noodles to the water and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes.
- Drain well in a colander set in the sink. Ladle the stew over the drained noodles to serve.

Nutrition Facts

■ PROTEIN **37.49%**
■ FAT **39.03%**
■ CARBS **23.48%**

Properties

Glycemic Index:8.79, Glycemic Load:7.78, Inflammation Score:-8, Nutrition Score:28.331739145776%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 451.05kcal (22.55%), Fat: 19.32g (29.73%), Saturated Fat: 7.55g (47.17%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 23.6g (8.58%), Sugar: 2.99g (3.33%), Cholesterol: 145.64mg (48.55%), Sodium: 288.38mg (12.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.76g (83.53%), Selenium: 75.85µg (108.36%), Vitamin B1: 1.2mg (80.25%), Vitamin B3: 14.62mg (73.11%), Vitamin B6: 1.41mg (70.74%), Phosphorus: 488.42mg (48.84%), Vitamin C: 31.55mg (38.25%), Potassium: 969.25mg (27.69%), Vitamin B2: 0.43mg (25.55%), Vitamin A: 1175.66IU (23.51%), Zinc: 3.47mg (23.11%), Magnesium: 74.39mg (18.6%), Vitamin B12: 1.11µg (18.57%), Manganese: 0.35mg (17.32%), Vitamin B5: 1.61mg (16.12%), Iron: 2.43mg (13.51%), Copper: 0.25mg (12.45%), Fiber: 2.56g (10.26%), Calcium: 96.05mg (9.6%), Vitamin E: 1.39mg (9.24%), Folate: 24.05µg (6.01%), Vitamin D: 0.82µg (5.45%), Vitamin K: 3.62µg (3.45%)