



 **52%**  
HEALTH SCORE

## Quick Pork Goulash

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon caraway seeds crushed
- 2 carrots diced
- 1 rib celery diced
- 4 servings chives chopped for garnish
- 0.3 teaspoon thyme leaves dried
- 2 cups extra wide egg noodles whole-wheat
- 2 cloves garlic minced
- 4 servings kosher salt and pepper black freshly ground

- 1.3 pounds pork tenderloin trimmed cut into 1-inch pieces
- 1 cup beef broth low-sodium
- 4 teaspoons olive oil
- 1 onion thinly sliced
- 1 bell pepper diced green red
- 1 teaspoon red wine vinegar
- 3 tablespoons paprika sweet
- 2 tablespoons tomato paste

## Equipment

- bowl
- pot
- slotted spoon
- dutch oven

## Directions

- Toss the pork pieces with the thyme, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat 1/2 of the oil in a medium Dutch oven over medium-high heat.
- Add the pork pieces in a single layer and cook until lightly browned, about 5 minutes.
- Transfer with a slotted spoon to a bowl.
- Heat the remaining oil in the same pot and add the carrots, celery, onions and bell pepper and cook, stirring, until softened, 7 to 10 minutes. Stir in the paprika, tomato paste, caraway and garlic until fragrant and the tomato paste has darkened slightly, 1 to 2 minutes. Stir in the broth and 1 1/2 cups water and bring to a simmer. Cook until the vegetables are tender and the broth has thickened, about 45 minutes.
- Meanwhile, cook the noodles according to package directions and keep warm.
- Add the pork back to the stew and cook, stirring, until the pork is cooked through and hot. Stir in the vinegar and season with salt and pepper. Toss with the hot egg noodles and garnish with chives.

## Nutrition Facts

PROTEIN 43.66% FAT 24.53% CARBS 31.81%

## Properties

Glycemic Index:81.71, Glycemic Load:8.19, Inflammation Score:-10, Nutrition Score:33.662174121193%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg, Luteolin: 1.55mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

## Nutrients (% of daily need)

Calories: 323.66kcal (16.18%), Fat: 8.9g (13.69%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 20.88g (7.59%), Sugar: 5.37g (5.97%), Cholesterol: 108.1mg (36.03%), Sodium: 287.53mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Vitamin A: 8018.87IU (160.38%), Vitamin B1: 1.53mg (101.8%), Selenium: 59.88µg (85.55%), Vitamin B6: 1.44mg (72.18%), Vitamin B3: 11.19mg (55.97%), Phosphorus: 452.13mg (45.21%), Vitamin C: 31.05mg (37.64%), Vitamin B2: 0.62mg (36.64%), Potassium: 1166.66mg (33.33%), Zinc: 3.55mg (23.66%), Manganese: 0.47mg (23.53%), Vitamin E: 3.2mg (21.3%), Fiber: 5.07g (20.28%), Iron: 3.61mg (20.04%), Vitamin K: 20.29µg (19.32%), Magnesium: 74.93mg (18.73%), Vitamin B5: 1.7mg (17%), Copper: 0.31mg (15.54%), Vitamin B12: 0.78µg (12.97%), Folate: 27.97µg (6.99%), Calcium: 60.82mg (6.08%), Vitamin D: 0.34µg (2.27%)