



HEALTH SCORE

55%

Rich Autumn Pork Stew with Beer



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium apples peeled cut into 1/2-inch pieces
- ☐ 1 bay leaves
- ☐ 12 ounces beer
- ☐ 2 pounds pork shoulder boneless cut in 1 1/2-inch bits
- ☐ 2 tablespoons brown sugar
- ☐ 4 medium carrots diced
- ☐ 2 cups chicken broth (bouillon)
- ☐ 4 servings extra wide egg noodles cooked

- ☐ 2 tablespoons garlic finely minced
- ☐ 6 tablespoons olive oil
- ☐ 2 medium onion diced
- ☐ 4 servings salt and pepper
- ☐ 1 cup tomatoes fresh diced canned

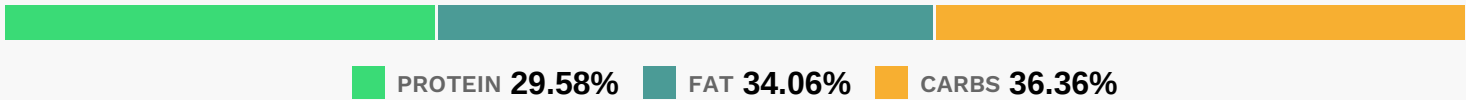
Equipment

- ☐ bowl

Directions

- ☐ Season the pork with salt and pepper.
- ☐ Heat 4 tablespoons oil in a heavy casserole over medium-high heat. Brown the pork well in batches.
- ☐ Remove to a bowl.
- ☐ Wipe casserole clean and heat the remaining oil over low heat.
- ☐ Add onions, carrots, and apples. Stir until softened, 10 minutes, adding the garlic in the last 3 minutes. Stir in remaining ingredients except noodles. Return pork and any juices to the casserole.
- ☐ Bring to a boil. Reduce heat and simmer, partially covered, stirring, until the meat is very tender, about 1 1/2 hours. Discard bay leaf; adjust seasonings.
- ☐ Serve over egg noodles in shallow bowls.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:55.08, Glycemic Load:24.73, Inflammation Score:-10, Nutrition Score:45.974782451339%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg, Epicatechin: 6.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 15.33mg, Quercetin: 15.33mg, Quercetin: 15.33mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 865.7kcal (43.29%), Fat: 31.9g (49.08%), Saturated Fat: 6.09g (38.08%), Carbohydrates: 76.61g (25.54%), Net Carbohydrates: 69.25g (25.18%), Sugar: 23.53g (26.15%), Cholesterol: 185.47mg (61.82%), Sodium: 901.13mg (39.18%), Alcohol: 3.32g (100%), Alcohol %: 0.54% (100%), Protein: 62.33g (124.67%), Vitamin A: 10350.08IU (207%), Selenium: 104.66µg (149.51%), Vitamin B3: 24.86mg (124.28%), Vitamin B1: 1.7mg (113.53%), Vitamin B6: 2.1mg (105.21%), Vitamin B2: 1.31mg (76.88%), Phosphorus: 736.03mg (73.6%), Potassium: 1548.11mg (44.23%), Manganese: 0.88mg (44.04%), Zinc: 6mg (39.99%), Vitamin B12: 2.18µg (36.27%), Vitamin B5: 3.18mg (31.76%), Magnesium: 123.27mg (30.82%), Vitamin E: 4.45mg (29.65%), Fiber: 7.37g (29.46%), Copper: 0.49mg (24.52%), Iron: 4.41mg (24.51%), Vitamin K: 25µg (23.81%), Vitamin C: 18.69mg (22.66%), Folate: 51.14µg (12.78%), Calcium: 113.18mg (11.32%), Vitamin D: 0.17µg (1.12%)