

health-score 70%

HEALTH SCORE

Savory Pork Stew

Gluten Free Very Healthy

READY IN

ready

135 min.

SERVINGS

servings

8

CALORIES

calories

450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce beef broth canned
- ☐ 14 ounce canned tomatoes canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 8 servings garlic powder to taste
- ☐ 1 bell pepper green chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1 tablespoon penzey's southwest seasoning italian

- ☐ 1.3 cups milk
- ☐ 1 bell pepper red chopped
- ☐ 8 potatoes red
- ☐ 8 servings salt to taste
- ☐ 2 pounds pork stew meat cubed
- ☐ 1 onion diced sweet
- ☐ 11 ounce kernel corn whole canned

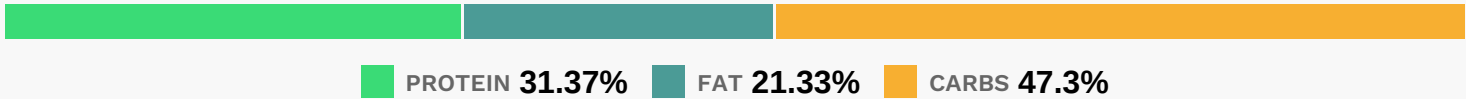
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat the olive oil in a skillet over medium heat.
- ☐ Sprinkle pork on all sides with salt, pepper, and garlic powder, and lightly coat with cornstarch.
- ☐ Place pork in the skillet, and cook until lightly browned but not done.
- ☐ Transfer to a slow cooker.
- ☐ Place potatoes, green bell pepper, red bell pepper, onion, and corn in the slow cooker.
- ☐ In a bowl, mix the tomatoes, cream of mushroom soup, milk, broth, and Italian seasoning.
- ☐ Pour into the slow cooker.
- ☐ Cover, and cook 1 hour on High. Reduce heat to Low, and continue cooking at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.04, Inflammation Score:-8, Nutrition Score:31.771739493246%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 449.55kcal (22.48%), Fat: 10.77g (16.57%), Saturated Fat: 3.6g (22.53%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 47.59g (17.31%), Sugar: 9.92g (11.02%), Cholesterol: 76.79mg (25.6%), Sodium: 900.16mg (39.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.25%), Vitamin B6: 1.41mg (70.36%), Vitamin C: 56.58mg (68.58%), Vitamin B3: 12.12mg (60.58%), Potassium: 1830.1mg (52.29%), Selenium: 34.82µg (49.74%), Phosphorus: 493.11mg (49.31%), Zinc: 6.46mg (43.05%), Vitamin B12: 2.4µg (39.99%), Manganese: 0.69mg (34.48%), Copper: 0.63mg (31.65%), Iron: 5.62mg (31.2%), Magnesium: 107.69mg (26.92%), Vitamin B1: 0.4mg (26.58%), Fiber: 6.14g (24.55%), Folate: 95.25µg (23.81%), Vitamin B2: 0.4mg (23.4%), Vitamin K: 17.35µg (16.52%), Vitamin B5: 1.58mg (15.83%), Vitamin A: 715.7IU (14.31%), Calcium: 135.62mg (13.56%), Vitamin E: 1.69mg (11.24%), Vitamin D: 0.42µg (2.8%)