



Savory Pork Stew with Potato Dumplings

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork loin boneless cut into 3/4-inch cubes
- 0.5 teaspoon pepper
- 1.5 teaspoons olive oil
- 12 ounces gravy
- 1 tablespoon dijon mustard
- 1 tablespoon red wine vinegar
- 1 tablespoon worcestershire sauce
- 0.1 teaspoon ground pepper red (cayenne)

- 1 pound bell pepper red frozen
- 4.7 oz seasoning mashed
- 1 serving potatoes for on potatoes pouch
- 1 eggs beaten

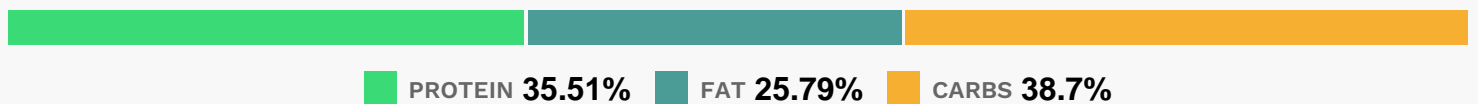
Equipment

- frying pan

Directions

- Season pork with pepper.
- Heat oil in 10-inch skillet over medium heat. Cook pork in oil 3 to 4 minutes or until brown, turning to brown evenly.
- Stir together gravy, mustard, vinegar, Worcestershire sauce and red pepper; stir into pork.
- Heat to boiling, stirring occasionally. Stir in vegetables.
- Heat to boiling; cover and simmer over medium-low heat 8 minutes, stirring occasionally.
- Make potatoes as directed on pouch, using water, milk and butter.
- Add egg; whip with fork until smooth. Spoon potatoes over simmering pork mixture. Cover and heat through 5 minutes.

Nutrition Facts



Properties

Glycemic Index:54.19, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:47.587825899539%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 339.44kcal (16.97%), Fat: 10.5g (16.15%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 18.67g (6.79%), Sugar: 8.09g (8.99%), Cholesterol: 119.16mg (39.72%), Sodium: 570.48mg

(24.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Vitamin K: 214.15µg (203.95%), Vitamin C: 146.6mg (177.7%), Manganese: 1.85mg (92.56%), Vitamin A: 4209.91IU (84.2%), Vitamin B6: 1.56mg (77.91%), Iron: 13.89mg (77.18%), Fiber: 16.79g (67.14%), Calcium: 560.12mg (56.01%), Vitamin E: 8.39mg (55.94%), Selenium: 37.72µg (53.88%), Vitamin B3: 9.24mg (46.2%), Vitamin B1: 0.64mg (42.51%), Phosphorus: 363.33mg (36.33%), Magnesium: 137.43mg (34.36%), Folate: 137.03µg (34.26%), Potassium: 1145.01mg (32.71%), Vitamin B2: 0.54mg (31.98%), Zinc: 3.4mg (22.67%), Vitamin B5: 1.7mg (16.95%), Copper: 0.32mg (15.97%), Vitamin B12: 0.68µg (11.27%), Vitamin D: 0.67µg (4.49%)