



Savory Pork Stew with Potato Dumplings

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork loin boneless cut into 3/4-inch cubes
- 1 pound bell pepper red frozen
- 4.7 oz butter mashed
- 1 tablespoon dijon mustard
- 1 eggs beaten
- 0.1 teaspoon ground pepper red (cayenne)
- 1.5 teaspoons olive oil
- 0.5 teaspoon pepper

- 12 ounces fatty pork
- 1 tablespoon red wine vinegar
- 4 servings potatoes for on potatoes pouch
- 1 tablespoon worcestershire sauce

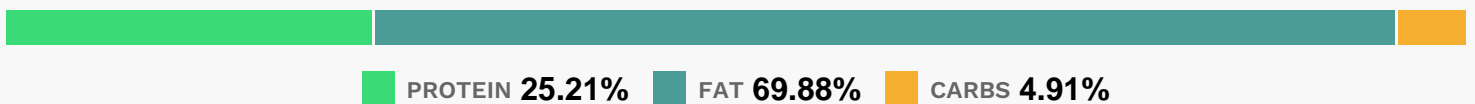
Equipment

- 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:65.44, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:33.853912954745%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 678.54kcal (33.93%), Fat: 52.67g (81.04%), Saturated Fat: 25.86g (161.65%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 5.69g (2.07%), Sugar: 5.32g (5.91%), Cholesterol: 245.21mg (81.74%), Sodium:

434.49mg (18.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.75g (85.5%), Vitamin C: 146.58mg (177.67%), Vitamin A: 4481.7IU (89.63%), Selenium: 57.47µg (82.11%), Vitamin B1: 1.2mg (80.24%), Vitamin B6: 1.54mg (76.97%), Vitamin B3: 11.41mg (57.03%), Phosphorus: 471.29mg (47.13%), Vitamin B2: 0.58mg (34.07%), Zinc: 4.41mg (29.39%), Potassium: 980.54mg (28.02%), Vitamin B12: 1.33µg (22.14%), Vitamin E: 3.08mg (20.54%), Vitamin B5: 2mg (19.95%), Magnesium: 64.49mg (16.12%), Folate: 63.46µg (15.86%), Iron: 2.39mg (13.3%), Fiber: 2.64g (10.58%), Manganese: 0.2mg (9.93%), Vitamin K: 9.4µg (8.95%), Copper: 0.15mg (7.38%), Calcium: 48.14mg (4.81%), Vitamin D: 0.67µg (4.49%)