



 **97%**
HEALTH SCORE

Slow-Cooked Pork Stew with Dumplings

 Very Healthy

READY IN



540 min.

SERVINGS



1

CALORIES



2618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 large carrots peeled cut into 3/4-inch pieces
- 2 stalks celery cut into bite-size pieces
- 8 oz philadelphia chive & onion cream cheese spread
- 2 eggs
- 2.5 cups chicken broth fat-free reduced-sodium
- 0.3 cup chives fresh chopped
- 2 onions chopped

- 2 lb pork tenderloin cut into 1-inch pieces
- 6 oz stove top stuffing mix for chicken
- 1 cup warm water

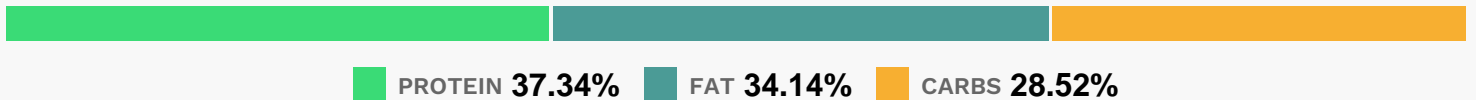
Equipment

- slow cooker

Directions

- Combine first 6 ingredients in slow cooker; cover with lid. Cook on LOW 8 to 10 hours (or on HIGH 4 hours). Discard bay leaves.
- Mix eggs, stuffing mix and water; shape into 8 balls.
- Add cream cheese spread to slow cooker; stir until melted. Gently stir in stuffing balls; cook, covered, on HIGH 30 min.
- Turn off slow cooker.
- Let stand 15 min.
- Serve stew and dumplings topped with chives.

Nutrition Facts



Properties

Glycemic Index:150.83, Glycemic Load:9.54, Inflammation Score:-10, Nutrition Score:81.101304344509%

Flavonoids

Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 11.7mg, Isorhamnetin: 11.7mg, Isorhamnetin: 11.7mg, Isorhamnetin: 11.7mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 45.75mg, Quercetin: 45.75mg, Quercetin: 45.75mg, Quercetin: 45.75mg

Nutrients (% of daily need)

Calories: 2618.06kcal (130.9%), Fat: 97.08g (149.35%), Saturated Fat: 46.69g (291.81%), Carbohydrates: 182.41g (60.8%), Net Carbohydrates: 167.61g (60.95%), Sugar: 39.69g (44.09%), Cholesterol: 1059.34mg (353.11%), Sodium: 6544.31mg (284.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 238.91g (477.82%), Vitamin B1: 10.22mg

(681.21%), Selenium: 397.68µg (568.12%), Vitamin A: 27519.22IU (550.38%), Vitamin B6: 7.97mg (398.34%), Vitamin B3: 75mg (375%), Phosphorus: 2820.39mg (282.04%), Vitamin B2: 4.47mg (262.74%), Potassium: 5296.02mg (151.31%), Zinc: 20.71mg (138.04%), Vitamin B5: 11.19mg (111.93%), Vitamin B12: 6.67µg (111.16%), Folate: 441.62µg (110.4%), Iron: 18.91mg (105.08%), Magnesium: 384.1mg (96.02%), Manganese: 1.85mg (92.51%), Copper: 1.62mg (80.82%), Calcium: 711.65mg (71.16%), Vitamin K: 66.76µg (63.58%), Fiber: 14.8g (59.19%), Vitamin C: 33.16mg (40.19%), Vitamin E: 4.8mg (31.98%), Vitamin D: 4.48µg (29.88%)