



Slow-Cooker Asian Pork Stew

 Gluten Free

READY IN



445 min.

SERVINGS



8

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork ribs boneless country-style cut into 2-inch pieces
- ☐ 3 medium carrots cut into 1-inch slices
- ☐ 2 medium onion cut into 1-inch wedges
- ☐ 8 oz mushrooms fresh whole cut in half if large
- ☐ 8 oz water chestnuts whole drained canned
- ☐ 8 oz bamboo skewers drained canned
- ☐ 0.8 cup hoisin sauce
- ☐ 0.3 cup soy sauce reduced-sodium

- ☐ 4 large cloves garlic finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 4 cups water
- ☐ 2 cups rice long-grain white uncooked
- ☐ 2 tablespoons cornstarch
- ☐ 3 tablespoons water
- ☐ 0.3 cup accompaniment: lightly whipped cream packed coarsely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In cooker, layer pork, carrots, onions, mushrooms, water chestnuts and bamboo shoots. In small bowl, stir together 1/2 cup of the hoisin sauce, the soy sauce, garlic and gingerroot; pour into slow cooker.
- ☐ Cover; cook on Low heat setting 7 to 9 hours.
- ☐ During last hour of cooking, in 3-quart saucepan, heat 4 cups water and the rice to boiling over high heat. Reduce heat to low. Cover; simmer 15 to 20 minutes or until rice is tender and water is absorbed.
- ☐ Gently remove pork and vegetables with slotted spoon to large bowl; cover to keep warm. Skim any fat from liquid in cooker.
- ☐ Pour liquid into 1-quart saucepan. Stir remaining 1/4 cup hoisin sauce into liquid; heat to boiling. In small bowl, mix cornstarch and 3 tablespoons water; stir into liquid. Cook, stirring constantly, until thickened; pour over pork mixture and gently stir.
- ☐ Sprinkle cilantro over stew.
- ☐ Serve over rice.

Nutrition Facts



 PROTEIN **14.96%**  FAT **37.19%**  CARBS **47.85%**

Properties

Glycemic Index:30.5, Glycemic Load:24.08, Inflammation Score:-10, Nutrition Score:20.662173934605%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 533.39kcal (26.67%), Fat: 21.97g (33.8%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 63.61g (21.2%), Net Carbohydrates: 59.25g (21.55%), Sugar: 11.97g (13.3%), Cholesterol: 71.13mg (23.71%), Sodium: 899.1mg (39.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.88g (39.76%), Vitamin A: 3899.92IU (78%), Manganese: 0.82mg (41.07%), Selenium: 28.49µg (40.7%), Vitamin B6: 0.79mg (39.37%), Vitamin B3: 6.36mg (31.8%), Vitamin B2: 0.46mg (26.95%), Phosphorus: 251.35mg (25.14%), Vitamin B1: 0.36mg (23.8%), Zinc: 3.29mg (21.93%), Copper: 0.42mg (20.92%), Fiber: 4.36g (17.43%), Potassium: 601.41mg (17.18%), Vitamin B5: 1.64mg (16.37%), Magnesium: 51.28mg (12.82%), Iron: 2.28mg (12.67%), Vitamin D: 1.88µg (12.55%), Folate: 32.24µg (8.06%), Vitamin E: 1.02mg (6.82%), Vitamin C: 5.5mg (6.67%), Calcium: 65.1mg (6.51%), Vitamin B12: 0.31µg (5.22%), Vitamin K: 3.42µg (3.25%)