



WHATSheATE



Slow Cooker Fall Harvest Pork Stew



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 pounds pork shoulder boneless cut into 2-inch pieces
- ☐ 3 cups butternut squash peeled seeded cut into 2-inch pieces
- ☐ 10.8 ounces campbell's® condensed onion soup french canned
- ☐ 3 large apples i use 2 granny smith apples thick cut into slices (3 cups)
- ☐ 2 medium parsnips peeled cut into 1-inch pieces (2 cups)
- ☐ 0.5 teaspoon thyme leaves dried crushed

Equipment

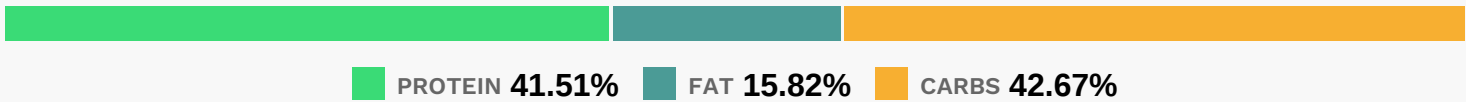
☐

slow cooker

Directions

- ☐ Stir the pork, soup, cider, apples, squash, parsnips and thyme in a 6-quart slow cooker.
- ☐ Cover and cook on LOW for 7 to 8 hours or until the pork is fork-tender.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:6.36, Inflammation Score:-10, Nutrition Score:25.725652155669%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg, Epicatechin: 6.99mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 260.81kcal (13.04%), Fat: 4.64g (7.14%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 22.85g (8.31%), Sugar: 14.34g (15.93%), Cholesterol: 69.56mg (23.19%), Sodium: 265.22mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.79%), Vitamin A: 5631.99IU (112.64%), Vitamin B3: 11.88mg (59.39%), Vitamin B1: 0.84mg (55.74%), Vitamin B6: 0.97mg (48.59%), Selenium: 30.23µg (43.19%), Vitamin B2: 0.58mg (34.24%), Phosphorus: 314.88mg (31.49%), Potassium: 1033.04mg (29.52%), Vitamin C: 21.79mg (26.41%), Fiber: 5.31g (21.23%), Manganese: 0.38mg (19.06%), Zinc: 2.56mg (17.05%), Vitamin B12: 0.99µg (16.44%), Vitamin B5: 1.61mg (16.15%), Magnesium: 63.69mg (15.92%), Folate: 42.7µg (10.68%), Vitamin K: 11.14µg (10.61%), Vitamin E: 1.58mg (10.51%), Copper: 0.2mg (9.78%), Iron: 1.75mg (9.7%), Calcium: 59.89mg (5.99%)