



WHATSheATE



Slow-Cooker Fruit and Pork Stew



Dairy Free

READY IN



500 min.

SERVINGS



8

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb pork shoulder boneless trimmed of fat cut into 1-inch pieces
- ☐ 12 oz parsnips peeled chopped (2 cups)
- ☐ 1 large onion red cut into 1-inch pieces (3 cups)
- ☐ 6 oz apricot dried
- ☐ 6 oz prune- cut to pieces dried pitted
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon ground cloves
- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 1 cup apple cider
- ☐ 1.3 lb golden delicious apple

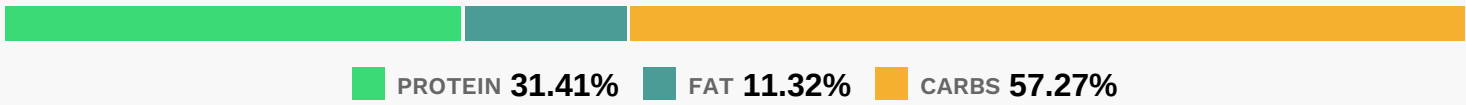
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 5- to 6-quart slow cooker with cooking spray. In cooker, mix pork, parsnips, onion, apricots and plums.
- ☐ Add flour, salt, pepper and cloves; toss until pork, vegetables and fruit are coated.
- ☐ Add broth and cider; mix well.
- ☐ Cover; cook on Low heat setting 7 to 9 hours.
- ☐ Core apples; cut each into large chunks. Stir apples into stew. Cover; cook on Low heat setting 1 hour longer. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:17.21, Inflammation Score:-7, Nutrition Score:24.523913134699%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 358.52kcal (17.93%), Fat: 4.6g (7.07%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 52.36g (17.45%), Net Carbohydrates: 45.06g (16.39%), Sugar: 32.49g (36.1%), Cholesterol: 70.1mg (23.37%), Sodium: 598.24mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.42%), Vitamin B3: 12.7mg (63.49%), Vitamin B1: 0.86mg (57.43%), Vitamin B6: 0.99mg (49.56%), Selenium: 32.4µg (46.28%), Vitamin B2: 0.71mg (41.84%), Phosphorus: 341.37mg (34.14%), Potassium: 1136.15mg (32.46%), Fiber: 7.3g (29.19%), Manganese: 0.56mg (27.99%), Vitamin K: 24.51µg (23.35%), Vitamin A: 971.9IU (19.44%), Zinc: 2.8mg (18.66%), Vitamin B5: 1.68mg (16.8%), Vitamin B12: 1.01µg (16.79%), Magnesium: 66mg (16.5%), Copper: 0.32mg (16.16%), Iron: 2.45mg (13.63%), Vitamin E: 1.92mg (12.8%), Folate: 43.39µg (10.85%), Vitamin C: 8.85mg (10.73%), Calcium: 59.6mg (5.96%)