



Slow-Cooker Harvest Pork Stew

 Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork shoulder boneless trimmed of fat cut into 3/4-inch pieces
- 1 tablespoon flour all-purpose
- 1 teaspoon lawry's seasoned salt
- 0.5 teaspoon highest available proof grain spirit
- 20 oz baby potatoes refrigerated cooked
- 2 cups baby carrots cut in half lengthwise
- 1 medium onion cut into thin wedges
- 12 oz gravy home-style

2 tablespoons chili sauce

1 cup peas sweet frozen

Equipment

slow cooker

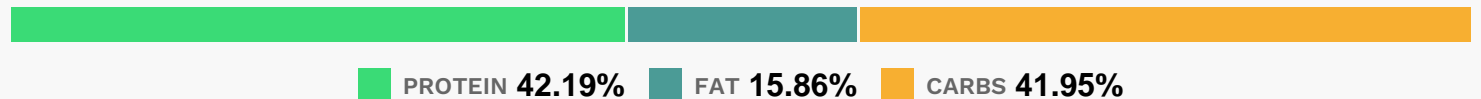
Directions

In 3 1/2- to 4-quart slow cooker, toss pork, flour, seasoned salt and garlic-pepper blend until pork is coated. Stir in potatoes, carrots, onion, gravy and chili sauce.

Cover; cook on Low heat setting 8 to 9 hours.

About 20 minutes before serving, stir in frozen peas. Cover; cook on Low heat setting about 20 minutes longer or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:47.68, Glycemic Load:14.24, Inflammation Score:-10, Nutrition Score:27.696087044218%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 293.05kcal (14.65%), Fat: 5.1g (7.85%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 30.35g (10.12%), Net Carbohydrates: 25.16g (9.15%), Sugar: 6.55g (7.28%), Cholesterol: 72.57mg (24.19%), Sodium: 816.44mg (35.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.05%), Vitamin A: 6104.94IU (122.1%), Vitamin B3: 12.83mg (64.15%), Vitamin B6: 1.22mg (60.77%), Vitamin B1: 0.91mg (60.49%), Selenium: 30.94µg (44.2%), Vitamin C: 31.55mg (38.24%), Vitamin B2: 0.62mg (36.5%), Phosphorus: 362.64mg (36.26%), Potassium: 1035.01mg (29.57%), Fiber: 5.18g (20.74%), Zinc: 2.93mg (19.54%), Manganese: 0.36mg (18.13%), Magnesium: 66.91mg (16.73%), Vitamin B12: 0.99µg (16.44%), Vitamin B5: 1.62mg (16.22%), Iron: 2.63mg (14.61%), Copper: 0.29mg (14.57%), Folate: 48.96µg (12.24%), Vitamin K: 12.14µg (11.57%), Calcium: 44.7mg (4.47%), Vitamin E: 0.24mg (1.57%)