



## Slow-Cooker Harvest Pork Stew

 Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby carrots cut in half lengthwise
- 2 tablespoons chili sauce
- 1 tablespoon flour all-purpose
- 1 medium onion cut into thin wedges
- 1 cup peas sweet frozen
- 0.5 teaspoon garlic
- 12 oz fatty pork home-style
- 1.5 lb pork shoulder boneless trimmed of fat cut into 3/4-inch pieces

- 20 oz potatoes refrigerated cooked
- 1 teaspoon lawry's seasoned salt

## 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

**PROTEIN 38.07%** **FAT 35.4%** **CARBS 26.53%**

## Properties

Glycemic Index:43.35, Glycemic Load:14.11, Inflammation Score:-10, Nutrition Score:32.917391517888%

## 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: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

## Nutrients (% of daily need)

Calories: 417.26kcal (20.86%), Fat: 16.15g (24.85%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 22.08g (8.03%), Sugar: 5.59g (6.21%), Cholesterol: 108.86mg (36.29%), Sodium: 588.53mg (25.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.09g (78.19%), Vitamin A: 6108.86IU (122.18%), Vitamin B1: 1.32mg (88.16%), Vitamin B3: 15.26mg (76.32%), Vitamin B6: 1.43mg (71.7%), Selenium: 44.91µg (64.16%), Phosphorus: 460.46mg (46.05%), Vitamin B2: 0.75mg (44.29%), Vitamin C: 32.02mg (38.82%), Potassium: 1196.98mg (34.2%), Zinc: 4.16mg (27.71%), Vitamin B12: 1.38µg (23.06%), Fiber: 5.16g (20.66%), Vitamin B5: 2mg (19.98%), Magnesium: 77.01mg (19.25%), Manganese: 0.37mg (18.35%), Iron: 3.12mg (17.36%), Copper: 0.32mg (15.77%), Folate: 51.41µg (12.85%), Vitamin K: 12.14µg (11.56%), Calcium: 53.01mg (5.3%), Vitamin E: 0.23mg (1.55%)