



Slow-Cooker Hearty Pork Stew

 Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds pork loin boneless cut into 1-inch cubes
- ☐ 3 medium carrots cut into 1/4-inch slices (1 1/2 cups)
- ☐ 0.5 cup onion chopped
- ☐ 32 ounces chicken broth (4 cups)
- ☐ 2 cups parsnips diced peeled
- ☐ 1.5 cups butternut squash peeled
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

- ☐ 3 tablespoons flour all-purpose
- ☐ 3 tablespoons butter softened

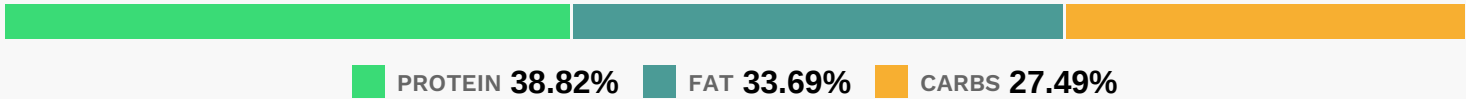
Equipment

- ☐ slow cooker

Directions

- ☐ Mix all ingredients except flour and butter in 3 1/2- to 6-quart slow cooker.
- ☐ Cover and cook on low heat setting 6 to 7 hours (or high heat setting 3 to 4 hours) or until pork is no longer pink and vegetables are tender.
- ☐ Mix flour and butter. Gently stir flour mixture, 1 spoonful at a time, into pork mixture until blended.
- ☐ Cover and cook on high heat setting 30 to 45 minutes, stirring occasionally, until thickened.
Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer’s directions for layering ingredients and choosing a temperature.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:23.943043667337%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 289.99kcal (14.5%), Fat: 10.85g (16.7%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 15.83g (5.76%), Sugar: 5.57g (6.19%), Cholesterol: 74.46mg (24.82%), Sodium: 903.83mg (39.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Vitamin A: 9070.42IU (181.41%), Vitamin B6: 1.01mg (50.54%), Selenium: 34.37µg (49.09%), Vitamin B1: 0.67mg (44.37%), Vitamin B3: 8.12mg (40.58%),

Phosphorus: 324.69mg (32.47%), Manganese: 0.5mg (25.23%), Potassium: 867.05mg (24.77%), Vitamin B2: 0.37mg (21.95%), Vitamin C: 17.69mg (21.44%), Zinc: 2.59mg (17.24%), Fiber: 4.1g (16.39%), Magnesium: 62.07mg (15.52%), Vitamin K: 14.72µg (14.02%), Vitamin B5: 1.39mg (13.89%), Folate: 54.44µg (13.61%), Vitamin E: 1.8mg (11.98%), Vitamin B12: 0.62µg (10.26%), Copper: 0.19mg (9.68%), Iron: 1.54mg (8.53%), Calcium: 61.13mg (6.11%), Vitamin D: 0.45µg (3.02%)