



Slow-Cooker Pork and Veggie Stew

 Dairy Free  Very Healthy

READY IN



430 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork loin boneless trimmed of fat
- 3 medium carrots cut into 1/4-inch slices (1 1/2 cups)
- 0.5 cup onion chopped
- 2 cups parsnips peeled
- 1.5 cups butternut squash peeled
- 32 oz chicken broth (4 cups)
- 1 tablespoon sage dried fresh chopped
- 2 teaspoons thyme leaves dried fresh chopped

- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 3 tablespoons flour all-purpose
- 3 tablespoons butter softened

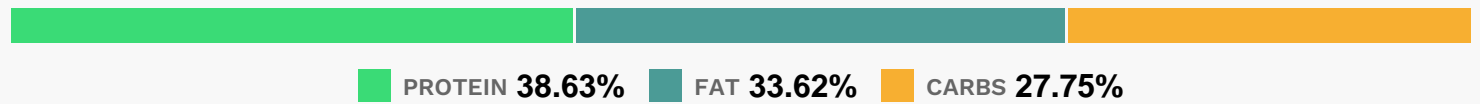
Equipment

- bowl
- slow cooker

Directions

- Cut pork into 1-inch cubes. In 4- to 5-quart slow cooker, mix pork and remaining ingredients except flour and butter.
- Cover and cook on Low heat setting 6 to 7 hours.
- In small bowl, mix flour and butter; gradually stir into stew until blended. Increase heat setting to High. Cover and cook 30 to 45 minutes, stirring occasionally, until thickened.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:28.3786956331%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg 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: 292.12kcal (14.61%), Fat: 10.91g (16.79%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 16g (5.82%), Sugar: 5.57g (6.19%), Cholesterol: 74.46mg (24.82%), Sodium: 903.94mg (39.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.43%), Vitamin A: 9102.1IU (182.04%), Copper: 3.23mg (161.43%), Vitamin B6: 1.01mg (50.66%), Selenium: 34.37µg (49.09%), Vitamin B1: 0.67mg (44.59%), Vitamin B3:

8.13mg (40.64%), Phosphorus: 325.76mg (32.58%), Manganese: 0.62mg (30.78%), Potassium: 875.37mg (25.01%), Vitamin C: 18.75mg (22.73%), Vitamin B2: 0.38mg (22.21%), Zinc: 2.62mg (17.44%), Fiber: 4.26g (17.05%), Magnesium: 64.84mg (16.21%), Vitamin K: 14.72µg (14.02%), Vitamin B5: 1.39mg (13.91%), Folate: 54.74µg (13.69%), Vitamin E: 1.8mg (11.98%), Vitamin B12: 0.62µg (10.26%), Iron: 1.76mg (9.8%), Calcium: 70.39mg (7.04%), Vitamin D: 0.45µg (3.02%)