



Slow-Cooker Pork Cacciatore

READY IN



285 min.

SERVINGS



45

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 1 Tbsp cornstarch
- 0.5 lb mushrooms fresh sliced
- 2 large pasilla peppers green chopped
- 2 cups multi-grain penne pasta uncooked
- 1 small onion chopped
- 1 tsp oregano leaves dried
- 2 Tbsp parmesan cheese grated kraft
- 1 lb pork tenderloin

- 1 cup milk mozzarella cheese shredded 2% kraft
- 6 oz tomato paste canned
- 0.3 cup water

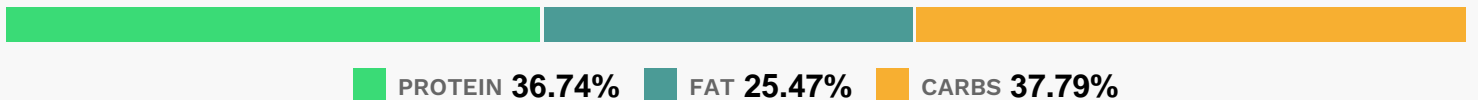
Equipment

- slow cooker

Directions

- Mix tomatoes and tomato paste in slow cooker until blended. Stir in vegetables.
- Cut meat into 8 pieces; pound to 1/2-inch thickness.
- Sprinkle with oregano.
- Add to slow cooker; press into sauce with back of spoon. Cover with lid; cook on LOW 4 to 4-1/2 hours (or on HIGH 2-1/2 to 3 hours).
- Cook pasta as directed on package, omitting salt.
- Transfer meat to plate, reserving sauce in slow cooker; cover meat to keep warm.
- Mix cornstarch and water until blended.
- Add to sauce; stir. Cook, covered, on HIGH 6 to 8 min. or until thickened.
- Drain pasta; spoon onto serving plates. Top with meat, sauce and cheeses.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.4621739115404%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 36.51kcal (1.83%), Fat: 1.07g (1.64%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.75g (0.84%), Cholesterol: 8.71mg (2.9%), Sodium: 43.63mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin C: 7.28mg (8.82%), Selenium: 6.02µg (8.6%), Vitamin B1: 0.13mg (8.58%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.14mg (5.69%), Manganese: 0.11mg (5.66%), Phosphorus: 50.86mg (5.09%), Vitamin B2: 0.08mg (4.44%), Potassium: 107.46mg (3.07%), Copper: 0.06mg (2.83%), Zinc: 0.4mg (2.64%), Magnesium: 10.34mg (2.58%), Iron: 0.41mg (2.29%), Calcium: 22.24mg (2.22%), Vitamin B5: 0.22mg (2.21%), Vitamin B12: 0.11µg (1.9%), Fiber: 0.38g (1.53%), Vitamin A: 65.44IU (1.31%), Vitamin K: 1.32µg (1.26%), Folate: 4.91µg (1.23%), Vitamin E: 0.17mg (1.15%)