



 **99%**
HEALTH SCORE

Slow-Cooker Pork Stew

 Dairy Free  Very Healthy

READY IN



500 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 14 ounce canned tomatoes diced canned
- 3 carrots cut into 2-inch chunks
- 2 stalks celery cut into 2-inch chunks
- 1 teaspoon thyme leaves dried
- 1 pound fingerling potatoes
- 0.3 cup flour all-purpose
- 3 cloves garlic smashed

- 1 piece ginger grated peeled
- 0.5 teaspoon ground allspice
- 4 servings kosher salt and pepper freshly ground
- 2 pounds pork sirloin roast bone-in

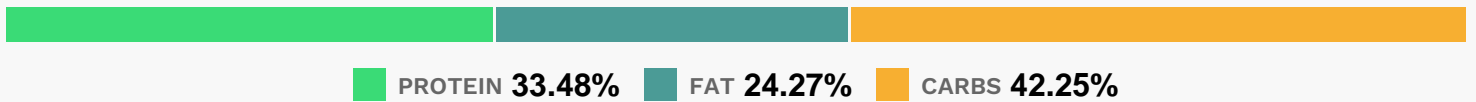
Equipment

- bowl
- slow cooker

Directions

- Combine the potatoes, carrots, celery, garlic and ginger in a slow cooker. Toss in half of the flour and season with salt and pepper. Scatter the bay leaves over the vegetables.
- Season the pork generously with salt and pepper, sprinkle with the thyme and allspice and toss with the remaining flour to coat.
- Place the pork over the vegetables in the slow cooker.
- Add 2 cups water and the tomatoes, cover and cook on low 8 hours.
- Discard the bay leaves.
- Remove the pork roast and slice or pull the meat off the bone into large pieces.
- Serve in bowls with the vegetables and broth.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:83.9, Glycemic Load:24.1, Inflammation Score:-10, Nutrition Score:34.883043662361%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin:

1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 389.63kcal (19.48%), Fat: 10.57g (16.27%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 34.91g (12.69%), Sugar: 7.77g (8.64%), Cholesterol: 92.69mg (30.9%), Sodium: 485.44mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.65%), Vitamin A: 7972.39IU (159.45%), Vitamin B1: 1.51mg (100.72%), Selenium: 45.76µg (65.37%), Vitamin B6: 1.17mg (58.7%), Vitamin B3: 9.5mg (47.5%), Vitamin C: 36.94mg (44.78%), Potassium: 1470.8mg (42.02%), Phosphorus: 412.82mg (41.28%), Vitamin B2: 0.62mg (36.25%), Zinc: 5.2mg (34.69%), Manganese: 0.6mg (30.2%), Iron: 4.93mg (27.4%), Fiber: 6.51g (26.04%), Copper: 0.5mg (24.78%), Vitamin K: 23.67µg (22.54%), Magnesium: 87.26mg (21.81%), Vitamin B5: 1.99mg (19.85%), Vitamin B12: 1.16µg (19.37%), Folate: 74.08µg (18.52%), Vitamin E: 1.64mg (10.93%), Calcium: 102.85mg (10.28%)