



Slow-Cooker Southwestern Pork Stew

 **Gluten Free**  **Dairy Free**

READY IN



530 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion chopped
- 3 large cloves garlic finely chopped
- 2 lb pork shoulder boneless trimmed of fat cut into 1 1/2-inch pieces
- 0.3 cup cornmeal
- 2 teaspoons ground cumin
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt
- 15 oz chili beans sauce undrained canned

- 14.5 oz tomatoes diced with mild green chilies, undrained canned
- 1 cup chicken broth (from 32-oz carton)
- 2 cups corn whole frozen (from 1-lb bag)

Equipment

- bowl
- slow cooker

Directions

- In 3 1/2- to 4-quart slow cooker, place onion and garlic. Top with pork. In small bowl, mix cornmeal, cumin, oregano and salt; sprinkle over pork and mix well.
- Add beans, tomatoes and broth; mix well.
- Cover; cook on Low heat setting 8 to 10 hours.
- Stir in corn. Cover; cook on Low heat setting about 30 minutes or until corn is tender.

Nutrition Facts

PROTEIN 47.49% **FAT 19.25%** **CARBS 33.26%**

Properties

Glycemic Index:22.58, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:27.349999987561%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 347.72kcal (17.39%), Fat: 7.3g (11.23%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 23.7g (8.62%), Sugar: 6.23g (6.92%), Cholesterol: 91.5mg (30.5%), Sodium: 1116.27mg (48.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.05%), Vitamin B3: 15.96mg (79.82%), Vitamin B1: 1.08mg (72.24%), Vitamin B6: 1.44mg (71.87%), Selenium: 40.88µg (58.39%), Vitamin B2: 0.89mg (52.48%), Phosphorus: 515.11mg (51.51%), Zinc: 4.91mg (32.74%), Potassium: 1145.18mg (32.72%), Magnesium: 96.32mg

(24.08%), Iron: 4.22mg (23.46%), Vitamin B12: 1.33µg (22.17%), Copper: 0.39mg (19.74%), Fiber: 4.68g (18.73%),
Vitamin B5: 1.64mg (16.35%), Vitamin C: 9.94mg (12.04%), Manganese: 0.24mg (11.79%), Folate: 43.7µg (10.93%),
Calcium: 71.53mg (7.15%), Vitamin E: 0.83mg (5.55%), Vitamin K: 3.43µg (3.27%), Vitamin A: 101.15IU (2.02%)