



Slow-Cooker Southwestern Pork Stew

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

READY IN



530 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb pork shoulder boneless trimmed of fat cut into 1 1/2-inch pieces
- 14.5 oz tomatoes diced with mild green chilies, undrained canned
- 1 cup chicken broth (from 32-oz carton)
- 15 oz chili sauce undrained canned
- 2 cups corn whole frozen (from 1-lb bag)
- 0.3 cup cornmeal
- 3 large cloves garlic finely chopped
- 2 teaspoons ground cumin

- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt

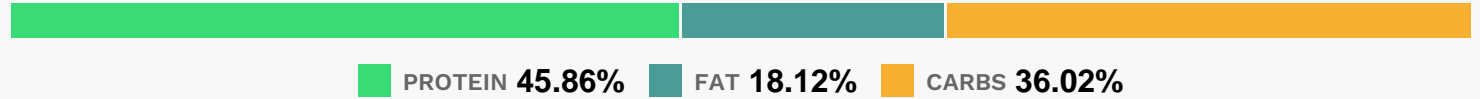
Equipment

- 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



Properties

Glycemic Index:22.58, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:26.980434666509%

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: 344.17kcal (17.21%), Fat: 6.81g (10.47%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 27.03g (9.83%), Sugar: 11.93g (13.26%), Cholesterol: 91.5mg (30.5%), Sodium: 1552.14mg (67.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.76g (77.51%), Vitamin B3: 16.84mg (84.22%), Vitamin B1: 1.12mg (74.6%), Vitamin B6: 1.36mg (67.97%), Selenium: 40.73µg (58.19%), Vitamin B2: 0.84mg (49.14%), Phosphorus: 442.82mg (44.28%), Potassium: 1088.49mg (31.1%), Vitamin C: 20.07mg (24.33%), Zinc: 3.61mg

(24.05%), Vitamin B12: 1.32µg (22.05%), Iron: 3.47mg (19.29%), Magnesium: 72.94mg (18.23%), Vitamin B5: 1.64mg (16.35%), Copper: 0.31mg (15.42%), Vitamin E: 2.04mg (13.63%), Fiber: 3.41g (13.63%), Manganese: 0.24mg (11.79%), Vitamin A: 574.59IU (11.49%), Folate: 31.65µg (7.91%), Vitamin K: 6.84µg (6.51%), Calcium: 63.73mg (6.37%)