



Sweet Potato Pork Stew

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds fatty pork boneless trimmed cut into 1-inch cubes
- 3 tablespoons dijon mustard
- 0.5 cup flour all-purpose
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 3 tablespoons canola oil
- 2 garlic clove minced
- 2.3 cups chicken broth

- 4 small onion quartered
- 2 medium sweet potatoes and into cubed peeled
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup parsley fresh minced

Equipment

- bowl
- frying pan
- ziploc bags
- dutch oven

Directions

- In a large bowl, toss pork with mustard until lightly coated. In a large resealable plastic bag, combine flour and brown sugar; add pork and shake to coat.
- In a Dutch oven over medium-high heat, brown pork in oil.
- Add garlic; cook 1 minute longer.
- Add broth; bring to a boil. Scrape bottom of skillet to loosen any browned bits. Reduce heat; cover and simmer for 30 minutes or until pork is no longer pink.
- Add the onions, sweet potatoes, salt and pepper; cover and simmer 30 minutes more or until the pork and potatoes are tender. Stir in parsley.

Nutrition Facts



PROTEIN 18.43% **FAT 56.09%** **CARBS 25.48%**

Properties

Glycemic Index:35.75, Glycemic Load:10.76, Inflammation Score:-10, Nutrition Score:22.318695652174%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg,

Isorhamnetin: 1.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg
Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.13mg, Quercetin: 7.13mg,
Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 479.37kcal (23.97%), Fat: 29.77g (45.81%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 30.43g (10.14%), Net Carbohydrates: 27.6g (10.04%), Sugar: 13g (14.44%), Cholesterol: 83.02mg (27.67%), Sodium: 561.35mg (24.41%), Protein: 22.02g (44.04%), Vitamin A: 8188.02IU (163.76%), Vitamin B1: 0.98mg (65.32%), Selenium: 33.46µg (47.81%), Vitamin K: 35.87µg (34.16%), Vitamin B6: 0.62mg (30.83%), Vitamin B3: 5.96mg (29.79%), Phosphorus: 255.1mg (25.51%), Vitamin B2: 0.4mg (23.29%), Zinc: 2.9mg (19.3%), Potassium: 622.32mg (17.78%), Manganese: 0.34mg (17.01%), Vitamin B12: 0.81µg (13.46%), Vitamin B5: 1.33mg (13.35%), Iron: 2.12mg (11.76%), Magnesium: 46.32mg (11.58%), Fiber: 2.84g (11.35%), Copper: 0.19mg (9.29%), Vitamin C: 7.49mg (9.08%), Folate: 36.2µg (9.05%), Vitamin E: 1.14mg (7.6%), Calcium: 60.11mg (6.01%)