



Zesty Autumn Pork Stew

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

READY IN



25 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving pam original flavor shopping list
- 1 lb pork tenderloin cut into 1-inch cubes
- 2 cups sweet potatoes and into cubed peeled
- 1 cup bell pepper green chopped
- 2 cloves garlic finely chopped
- 1 cup coleslaw mix shredded (cabbage and carrots)
- 1 teaspoon cajun spice
- 14 oz chicken broth canned

Equipment

dutch oven

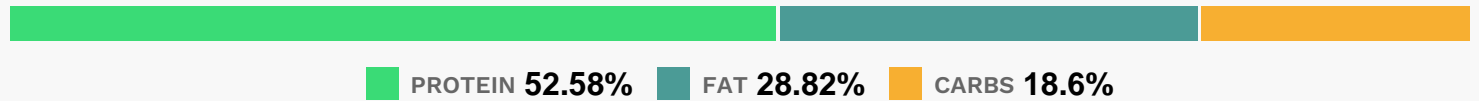
Directions

Spray 4-quart Dutch oven with cooking spray; heat over medium-high heat. Cook pork in Dutch oven, stirring occasionally, until brown.

Stir in remaining ingredients.

Heat to boiling; reduce heat. Cover; simmer about 15 minutes, stirring once, until sweet potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:7.12, Inflammation Score:-10, Nutrition Score:31.337391366129%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 392.5kcal (19.62%), Fat: 12.25g (18.84%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 14.52g (5.28%), Sugar: 4.3g (4.78%), Cholesterol: 123.32mg (41.11%), Sodium: 578.68mg (25.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.27g (100.55%), Vitamin A: 10013.63IU (200.27%), Vitamin B1: 1.2mg (80.13%), Selenium: 53.31µg (76.16%), Vitamin B6: 1.33mg (66.47%), Vitamin B3: 10.53mg (52.64%), Phosphorus: 474.49mg (47.45%), Vitamin C: 38.42mg (46.57%), Zinc: 4.92mg (32.8%), Vitamin B2: 0.55mg (32.19%), Potassium: 933.92mg (26.68%), Vitamin B12: 1.58µg (26.37%), Vitamin K: 19.96µg (19.01%), Magnesium: 73.18mg (18.3%), Iron: 3.14mg (17.42%), Vitamin B5: 1.58mg (15.77%), Manganese: 0.29mg (14.7%), Copper: 0.29mg (14.35%), Fiber: 3.27g (13.09%), Vitamin E: 1.05mg (7%), Calcium: 55.23mg (5.52%), Folate: 20.84µg (5.21%), Vitamin D: 0.44µg (2.93%)