

Pork & Cider Stew

Jackie Scalzo

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 medium (1.25 pounds) sweet potatoes, peeled and cut into 3/4-inch pieces

3 small carrots, peeled and cut into 1/2-inch thick slices

1 cup onion, chopped

1 two-pound boneless pork shoulder, cut in pieces

1 large Granny Smith apple, peeled, cored and coarsely chopped

1/4 cup flour

3/4 teaspoon salt

1/2 teaspoon dried sage

1/2 teaspoon thyme

1/4 teaspoon pepper

1 cup apple cider

In a 3-1/2 quart or larger slow cooker, layer the sweet potatoes, carrots, onions, pork and apples.

In a small bowl, combine the flour, salt, sage, thyme and pepper. Stir to mix. Add the apple cider; stir until smooth. Pour over the meat and vegetables.

Cover and cook on LOW for 7 to 9 hours until the pork and sweet potatoes are tender when pierced.

Per Serving (excluding unknown items): 723 Calories; 2g Fat (2.7% calories from fat); 12g Protein; 168g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 1724mg Sodium. Exchanges: 6 Grain(Starch); 6 1/2 Vegetable; 3 Fruit; 0 Fat.

Pork, Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	723	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	2.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.7%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	2g	Folacin (mcg):	109mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	168g
Dietary Fiber (g):	21g
Protein (g):	12g
Sodium (mg):	1724mg
Potassium (mg):	1989mg
Calcium (mg):	207mg
Iron (mg):	7mg
Zinc (mg):	2mg
Vitamin C (mg):	98mg
Vitamin A (i.u.):	113034IU
Vitamin A (r.e.):	11300RE

% Daily Values* 0 0%

Food Exchanges

Grain (Starch):	6
Lean Meat:	0
Vegetable:	6 1/2
Fruit:	3
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 723 Calories from Fat: 20

% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	1724mg	72%
Total Carbohydrates	168g	56%
Dietary Fiber	21g	86%
Protein	12g	
Vitamin A		2261%
Vitamin C		163%
Calcium		21%
Iron		36%

* Percent Daily Values are based on a 2000 calorie diet.