

# Curried Pork Stew

*Epicurious.com*  
*Dash Magazine - October 2012*

## Servings: 6

1 (three pound) boneless pork  
shoulder, cut into one-inch cubes  
3 tablespoons canola oil  
3 Granny Smith apples (two chopped  
and one sliced very thin  
1 large onion, chopped  
1 teaspoon curry powder  
1 teaspoon coriander  
1 teaspoon cumin  
1/2 teaspoon cayenne  
2 cans (14 ounce) reduced-sodium  
chicken broth  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 1/2 cups baby carrots  
1/2 package (20 ounce) frozen  
butternut squash cubes, thawed  
sour cream (for garnish) (optional)

## Preparation Time: 25 minutes

In a large pot, saute' the pork in oil in several  
batches until browned.

Return all cooked meat to the pot. Add the  
chopped apple, onion, curry powder, coriander,  
cumin and cayenne. Cook on medium, stirring  
occasionally. When the pork and vegetables are  
tender, remove the pot from the heat.

Garnish each portion with sour cream, if desired.

Start to Finish Time: 1 hour

---

Per Serving (excluding unknown  
items): 124 Calories; 7g Fat (51.1%  
calories from fat); 1g Protein; 15g  
Carbohydrate; 3g Dietary Fiber;  
0mg Cholesterol; 201mg Sodium.  
Exchanges: 0 Grain(Starch); 0  
Lean Meat; 1 Vegetable; 1/2 Fruit;  
1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	124	Vitamin B6 (mg):	.1mg
% Calories from Fat:	51.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	45.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	24mcg
			1mg

**Saturated Fat (g):** 1g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 1g  
**Sodium (mg):** 201mg  
**Potassium (mg):** 292mg  
**Calcium (mg):** 27mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 8979IU  
**Vitamin A (r.e.):** 897 1/2RE

**Niacin (mg):**  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 124 Calories from Fat: 63

### % Daily Values\*

<b>Total Fat</b>	7g	11%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	201mg	8%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	3g	12%
<b>Protein</b>	1g	

<b>Vitamin A</b>	180%
<b>Vitamin C</b>	15%
<b>Calcium</b>	3%
<b>Iron</b>	5%

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