



 **32%**
HEALTH SCORE

Asian Braised Pork Shoulder

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

READY IN



155 min.

SERVINGS



4

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 3 cups chicken stock see
- 5 cloves garlic smashed finely chopped
- 1 piece ginger grated peeled
- 1 null orange juice with a peeler
- 4 servings kosher salt
- 4 servings olive oil extra virgin extra-virgin
- 1 cup oyster sauce

- 3 pound boston butt pork shoulder cut into 4 to 5 pieces
- 0.5 cup rice vinegar
- 0.5 cup soya sauce
- 3 star anise
- 0.3 cup frangelico
- 0.3 cup frangelico

Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat the oven to 300 degrees F.
- Coat a large wide ovenproof pan or Dutch oven with olive oil and bring the pan to high heat.
- Sprinkle the pork with salt and brown it on all sides.
- Remove from the pan and reserve.
- Ditch the fat from the pan and add a few drops of fresh oil. Toss in the garlic and ginger and cook for 1 to 2 minutes.
- Add the soy sauce and rice vinegar and reduce by half.
- Add the 3 cups chicken stock, oyster sauce, brown sugar, sambal, star anise, orange zest and juice. Stir to combine, bring to a boil and reduce to a simmer. Taste to make sure it is delicious and adjust the seasoning if needed.
- Return the pork to the pan, cover and put in the oven. Braise the pork for 2 hours, turning it over once. If the liquid reduces too much during the cooking process, add the remaining 1 cup chicken stock.
- Remove the lid for the last 30 minutes of cooking.
- When the pork is VERY tender, remove the pan from the oven.
- Remove the pork, place the pan over medium heat, bring the liquid to a simmer and cook until the liquid reduces to a sticky sauce consistency.

Serve the pork draped with the sauce.

Nutrition Facts

PROTEIN 30.28% **FAT 43.2%** **CARBS 26.52%**

Properties

Glycemic Index:41.75, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:29.917391565831%

Flavonoids

Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 662.53kcal (33.13%), Fat: 31.3g (48.16%), Saturated Fat: 7.68g (47.97%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 42.61g (15.49%), Sugar: 30.11g (33.46%), Cholesterol: 144.44mg (48.15%), Sodium: 3821.85mg (166.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.37g (98.75%), Vitamin B1: 1.93mg (128.74%), Selenium: 69.03µg (98.62%), Vitamin B3: 13.81mg (69.04%), Vitamin B6: 1.1mg (55.19%), Vitamin B2: 0.93mg (54.56%), Phosphorus: 530.3mg (53.03%), Zinc: 7.05mg (46.97%), Vitamin B12: 1.98µg (33.02%), Potassium: 1060.44mg (30.3%), Iron: 4.34mg (24.12%), Copper: 0.46mg (23%), Vitamin B5: 1.89mg (18.93%), Magnesium: 70.49mg (17.62%), Manganese: 0.32mg (16%), Vitamin E: 2.08mg (13.85%), Calcium: 95.75mg (9.58%), Folate: 34.03µg (8.51%), Vitamin K: 8.85µg (8.43%), Vitamin C: 3.62mg (4.39%), Fiber: 0.63g (2.52%)