



 **23%**
HEALTH SCORE

Braised Pork: Filipino Humba

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 gram pork belly cut into large cubes
- 0.5 gram pork butt cut into large cubes
- 1 head garlic clove whole crushed
- 0.5 cup vinegar
- 4 tablespoons brown sugar
- 4 tablespoons brown sugar
- 4 tablespoons soya sauce
- 2 pieces bay leaves

- 1 tablespoon rice wine
- 1 tablespoon rice wine
- 1 tablespoon rice wine
- 2 pieces star anise
- 0.5 teaspoon oregano
- 3 tablespoons fermented black beans
- 1 cup peanuts whole
- 0.5 cup olive oil
- 0.5 teaspoon paprika
- 2 cups water
- 4 servings banana

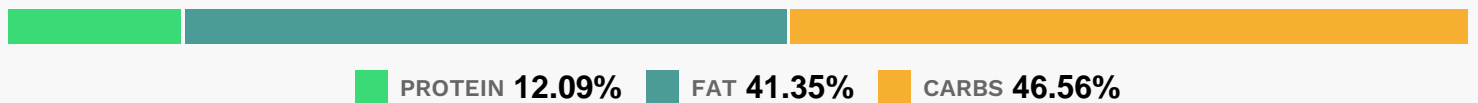
Equipment

- bowl
- sauce pan

Directions

- In a bowl, combine these ingredients:meat,garlic,vinegar,brown sugar,soy sauce and rice wine.Marinate for about 30 minutes.Set aside in the fridge.
- After 30 minutes, transfer to a sauce pan and add: water,black beans and peanuts.
- Cover and bring to a boil, once its boils, turn the heat to a simmering mode and add the rest of the ingredients: bay leaf,star anise,oregano,paprika and olive oil.
- Cover and simmer for 1 hour or until the sauce thickens.
- You can add fried bananas five minutes before turning off the heat or serve it separately.

Nutrition Facts



Properties

Glycemic Index:47.26, Glycemic Load:15.08, Inflammation Score:-8, Nutrition Score:19.18%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 532.1kcal (26.6%), Fat: 25.41g (39.09%), Saturated Fat: 3.88g (24.27%), Carbohydrates: 64.37g (21.46%), Net Carbohydrates: 55.89g (20.32%), Sugar: 39.45g (43.83%), Cholesterol: 0.17mg (0.05%), Sodium: 1030.56mg (44.81%), Alcohol: 1.81g (10.06%), Protein: 16.71g (33.42%), Manganese: 1.61mg (80.62%), Vitamin B3: 7.51mg (37.55%), Vitamin B6: 0.74mg (37.14%), Fiber: 8.48g (33.93%), Magnesium: 118.53mg (29.63%), Folate: 118.16µg (29.54%), Copper: 0.52mg (25.77%), Potassium: 843.65mg (24.1%), Phosphorus: 210.67mg (21.07%), Vitamin B1: 0.31mg (20.95%), Iron: 3.19mg (17.73%), Vitamin C: 13.49mg (16.35%), Vitamin B5: 1.22mg (12.22%), Vitamin B2: 0.19mg (10.89%), Calcium: 101.5mg (10.15%), Selenium: 5.74µg (8.2%), Zinc: 1.21mg (8.09%), Vitamin E: 1.03mg (6.86%), Vitamin K: 5.75µg (5.48%), Vitamin A: 241.15IU (4.82%)