



Braised Pork Shoulder

 Dairy Free

READY IN



290 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces pancetta finely chopped
- 2 medium onion thinly sliced
- 6 pounds boston butt pork shoulder bone-in room temperature , skin on (if making potatoes)
- 1 serving salt and pepper freshly ground
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 head garlic minced
- 2 teaspoons fennel seeds toasted
- 1 teaspoon coriander seeds crushed

- 2 cups ale belgian-style
- 1 cup chicken stock low-sodium homemade store-bought

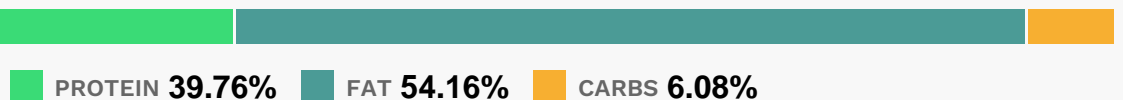
Equipment

- oven
- pot
- slotted spoon
- dutch oven

Directions

- Preheat oven to 300 degrees. Crisp pancetta in a large Dutch oven over medium-low heat, until fat is rendered, about 10 minutes.
- Transfer to a plate using a slotted spoon.
- Add onions to Dutch oven. Cook over medium-high heat, stirring occasionally, until caramelized, about 25 minutes.
- Transfer to plate using slotted spoon.
- Season pork with salt and pepper.
- Add oil to Dutch oven, and sear pork, fat side down, until golden, about 5 minutes. Flip, and repeat.
- Add garlic and spices to pot. Cook until fragrant, about 1 minute.
- Add ale, stock, pancetta, and onions; bring to a simmer.
- Transfer to oven, and braise pork, covered, basting every hour, until meat is falling off the bone, about 4 hours. Shred meat (just what you're using) using 2 forks, and drizzle with warm skimmed jus.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:1.74, Inflammation Score:-5, Nutrition Score:25.585217506989%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 475.51kcal (23.78%), Fat: 27.1g (41.69%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6g (2.18%), Sugar: 1.24g (1.38%), Cholesterol: 153.07mg (51.02%), Sodium: 336.2mg (14.62%), Alcohol: 2.3g (100%), Alcohol %: 0.83% (100%), Protein: 44.75g (89.5%), Vitamin B1: 1.92mg (127.89%), Selenium: 66.55µg (95.07%), Vitamin B3: 10.53mg (52.63%), Vitamin B6: 1.03mg (51.33%), Phosphorus: 483.7mg (48.37%), Zinc: 6.92mg (46.13%), Vitamin B2: 0.71mg (41.54%), Vitamin B12: 1.89µg (31.51%), Potassium: 856.9mg (24.48%), Vitamin B5: 1.9mg (19.03%), Iron: 2.96mg (16.46%), Magnesium: 56.34mg (14.09%), Copper: 0.26mg (12.86%), Manganese: 0.16mg (8.17%), Vitamin C: 4.94mg (5.99%), Calcium: 54.12mg (5.41%), Folate: 19.25µg (4.81%), Vitamin E: 0.6mg (4.02%), Fiber: 0.84g (3.38%), Vitamin K: 2.28µg (2.17%)