

health-score 63%

HEALTH SCORE

Braised Pork with Caraway, Apples and Onions and Mustard-Cheddar Mashed Potatoes with Parsnips

☒ Gluten Free ☒ Very Healthy

READY IN

ready

240 min.

SERVINGS

servings

6

CALORIES

calories

1044 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 apples firm crisp peeled cut into wedges
- ☐ 12 ounce german beer
- ☐ 4 pound boston butt pork shoulder boneless
- ☐ 6 tablespoons butter
- ☐ 1 tablespoon caraway seeds
- ☐ 1.5 cups chicken stock see

- ☐ 3 tablespoons cider vinegar
- ☐ 6 servings kosher salt and coarse pepper black
- ☐ 0.3 cup grainy dijon mustard
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 tablespoons honey
- ☐ 1 cup milk
- ☐ 1 teaspoon mustard seeds
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 tablespoons olive oil
- ☐ 4 onions cut into thin wedges, root end attached
- ☐ 6 servings parsley chopped
- ☐ 1 pounds parsnips peeled
- ☐ 2 pounds russet potatoes peeled
- ☐ 8 ounces cheddar white extra-sharp

Equipment

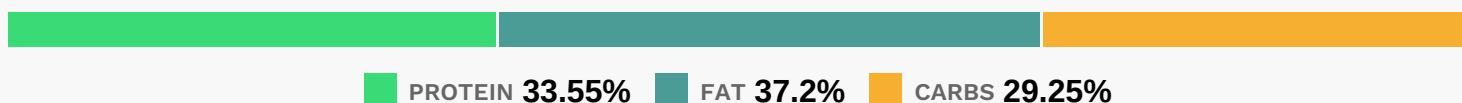
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Let the pork sit covered at room temperature for 30 minutes.
- ☐ Pat the pork dry with a paper towel.
- ☐ Sprinkle the pork generously with salt and pepper.

- ☐ Heat a large Dutch oven or heavy-bottomed pot over medium-high heat with the oil, 2 turns of the pan.
- ☐ Place the pork in the pot and evenly brown the meat all over, about 10 to 12 minutes time in total.
- ☐ Remove the pork and reserve.
- ☐ Turn heat down to medium, add 3 tablespoons of the butter to the pot. When it foams, add the caraway, fennel and mustard seeds and stir for 1 minute.
- ☐ Add in the onions, apples, thyme, nutmeg and some salt and pepper. Cook to begin to soften, 5 minutes. Then deglaze the pot with the vinegar. Stir in the honey and beer, scraping up the bits stuck to the bottom of the pot.
- ☐ Add in the chicken stock and then the reserved pork, and bring to a simmer. Cover and place the pot in the oven until the meat is very tender, 2 1/2 to 3 hours, turning the meat halfway through cooking.
- ☐ Remove the pork from the pot, place on a plate and tent with foil to keep warm. When cool enough to handle, pull the meat apart with two forks. Return the meat to the braising liquid. The apples and onions will have almost completely melted into a chunky sauce. Cool and store in the refrigerator for a make-ahead meal.
- ☐ Place the potatoes and the parsnips in a pot and cover with water. Bring to a boil, salt the water and cook until tender.
- ☐ Drain and return to the hot pot. Mash the potatoes with the milk and the remaining 3 tablespoons butter. Then season with salt and pepper, and add the cheese and mustard. Taste to adjust the seasonings, cool and store for a make-ahead meal.
- ☐ To serve, reheat the pork, covered over medium heat, stirring occasionally. Reheat the mashed potatoes and parsnips over medium heat covered with a little stock or milk to loosen. Mashed potatoes can be kept warm for hours by placing them in a covered saucepot inside of a larger pot filled with an inch of water at a low simmer.
- ☐ Serve the pork alongside or on top of the potatoes, and sprinkle chopped parsley on everything.

Nutrition Facts



Properties

Glycemic Index:103.75, Glycemic Load:36.51, Inflammation Score:-10, Nutrition Score:56.335217600283%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg, Epicatechin: 6.9mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg, Apigenin: 8.69mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 19.31mg, Quercetin: 19.31mg, Quercetin: 19.31mg, Quercetin: 19.31mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 1043.95kcal (52.2%), Fat: 42.61g (65.55%), Saturated Fat: 19.53g (122.07%), Carbohydrates: 75.4g (25.13%), Net Carbohydrates: 64.77g (23.55%), Sugar: 26.22g (29.14%), Cholesterol: 256.02mg (85.34%), Sodium: 934.67mg (40.64%), Alcohol: 2.21g (100%), Alcohol %: 0.3% (100%), Protein: 86.48g (172.96%), Vitamin B3: 32.85mg (164.24%), Vitamin B1: 2.28mg (152.26%), Vitamin B6: 3.04mg (152.01%), Selenium: 98.38µg (140.54%), Phosphorus: 1130.96mg (113.1%), Vitamin B2: 1.86mg (109.46%), Vitamin K: 92.75µg (88.33%), Potassium: 2517.82mg (71.94%), Zinc: 8.87mg (59.13%), Vitamin B12: 3.29µg (54.77%), Manganese: 1.01mg (50.29%), Vitamin C: 40.66mg (49.28%), Magnesium: 185.62mg (46.41%), Calcium: 450.19mg (45.02%), Vitamin B5: 4.44mg (44.36%), Fiber: 10.63g (42.51%), Iron: 6.07mg (33.72%), Copper: 0.63mg (31.25%), Folate: 112.27µg (28.07%), Vitamin A: 1308IU (26.16%), Vitamin E: 3mg (19.98%), Vitamin D: 0.67µg (4.49%)