



HEALTH SCORE

62%

Braised Pork with Fuyu Persimmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds pork shoulder boneless cut into 1 1/2-inch pieces
- ☐ 4 canned tomatoes whole peeled drained chopped canned (see cooks' note, below)
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 rib celery stalks chopped
- ☐ 1.5 pounds fuyu persimmon pulp peeled seeded cut into 1/4-inch-thick wedges
- ☐ 1 large garlic clove minced
- ☐ 1 bell pepper green chopped
- ☐ 2 teaspoons ground coriander

- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon turmeric
- ☐ 1 onion chopped
- ☐ 6 servings rice white cooked
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup spring onion chopped
- ☐ 1 tablespoons vegetable oil
- ☐ 2 cups water

Equipment

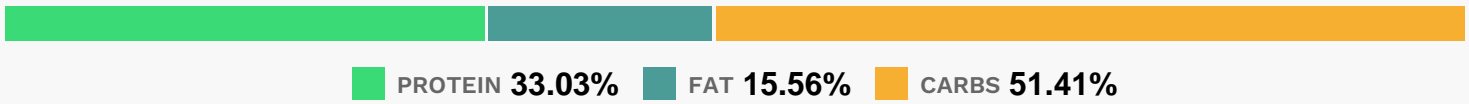
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Pat pork dry with paper towels, then sprinkle with salt.
- ☐ Heat 1 tablespoon oil in a wide 6-quart heavy pot over moderately high heat until hot but not smoking, then brown pork in 3 batches, turning, about 5 minutes per batch, transferring to a bowl as browned. (
- ☐ Add more oil to pot as needed between batches.)
- ☐ Pour off all but 1 tablespoon fat from pot.
- ☐ Add onion, bell pepper, and celery and cook over moderate heat, stirring, until softened, 3 to 5 minutes. Stir in garlic, cumin, coriander, turmeric, and cayenne and cook, stirring, 1 minute.
- ☐ Add pork with any juices accumulated in bowl, water, and tomatoes and bring to a simmer.
- ☐ Cover pot, then transfer to oven and braise pork until very tender, about 1 3/4 hours.
- ☐ Scatter persimmons over pork and braise in oven, partially covered, 10 minutes more. Stir in scallion greens and salt and pepper to taste.

- ☐
- Stew can be made, without persimmons or scallions, 1 day ahead and cooled, uncovered, then chilled, covered. Reheat in a preheated 350°F oven, about 30 minutes, before proceeding.·To peel a tomato, first cut an X in the end opposite the stem and immerse in boiling water 10 seconds.
- ☐
- Transfer to ice water, then peel.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:43.55, Inflammation Score:-10, Nutrition Score:41.218260848004%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 575.14kcal (28.76%), Fat: 10.18g (15.65%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 75.67g (25.22%), Net Carbohydrates: 71.27g (25.91%), Sugar: 8.05g (8.95%), Cholesterol: 113.4mg (37.8%), Sodium: 795.36mg (34.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.62g (97.24%), Vitamin C: 119.69mg (145.08%), Vitamin B3: 20.66mg (103.3%), Vitamin B1: 1.39mg (92.8%), Vitamin B6: 1.83mg (91.57%), Selenium: 55.42µg (79.17%), Vitamin B2: 1.06mg (62.59%), Phosphorus: 570.22mg (57.02%), Potassium: 1731.27mg (49.46%), Iron: 8.49mg (47.15%), Manganese: 0.75mg (37.69%), Zinc: 4.66mg (31.03%), Vitamin K: 31.09µg (29.61%), Vitamin B12: 1.64µg (27.4%), Magnesium: 101.75mg (25.44%), Vitamin B5: 2.54mg (25.39%), Copper: 0.45mg (22.3%), Fiber: 4.4g (17.6%), Calcium: 167.11mg (16.71%), Vitamin E: 2.41mg (16.07%), Vitamin A: 508.24IU (10.16%), Folate: 35.44µg (8.86%)