



## Braised Pork with Lemon and Sage

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons flour all-purpose
- 5 sage leaves fresh
- 4 cloves garlic minced
- 2 teaspoons fresh-ground pepper
- 1.5 tablespoons kosher salt
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil
- 3 pounds boned pork shoulder roast fat trimmed
- 3.5 cups milk whole

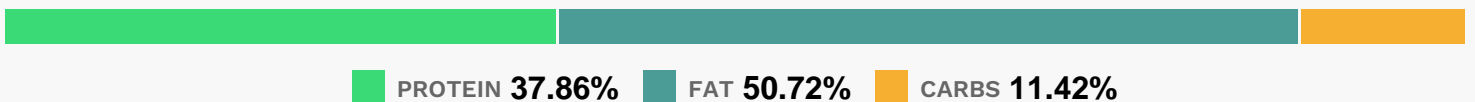
## Equipment

- bowl
- frying pan

## Directions

- Rinse pork and pat dry. In a small bowl, mix flour, salt, and pepper; sprinkle mixture over pork.
- Pour oil into a 10- to 12-inch frying pan over medium-high heat; add pork and turn to brown well on all sides, about 15 minutes.
- Transfer pork and any juices to a slow-cooker (at least 5 qt.).
- Let pan cool slightly, then add garlic and sage and stir over medium-low heat until garlic turns golden, about 1 minute.
- Add to the slow-cooker, along with milk and lemon peel.
- Cover and cook on high until pork is tender when pierced and sauce is golden brown and reduced by about half, 7 to 8 hours; about 3 hours before pork is done, uncover the crock to let the pan juices reduce and thicken.
- Transfer pork to a rimmed board and slice.
- Serve meat with sauce on the side.

## Nutrition Facts



## Properties

Glycemic Index:29.17, Glycemic Load:4.17, Inflammation Score:-4, Nutrition Score:21.624347624571%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 345.36kcal (17.27%), Fat: 19.16g (29.47%), Saturated Fat: 6.72g (42.03%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.39g (3.41%), Sugar: 6.89g (7.66%), Cholesterol: 109.77mg (36.59%), Sodium: 1903.98mg

(82.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.35%), Vitamin B1: 1.33mg (88.49%), Selenium: 44.69µg (63.84%), Phosphorus: 430.08mg (43.01%), Vitamin B2: 0.65mg (38.05%), Vitamin B6: 0.69mg (34.47%), Zinc: 4.98mg (33.21%), Vitamin B12: 1.93µg (32.18%), Vitamin B3: 6.23mg (31.17%), Calcium: 203.18mg (20.32%), Potassium: 705.9mg (20.17%), Vitamin B5: 1.7mg (17.01%), Copper: 0.26mg (12.91%), Magnesium: 48.48mg (12.12%), Iron: 1.95mg (10.83%), Vitamin D: 1.57µg (10.44%), Manganese: 0.17mg (8.28%), Vitamin E: 0.75mg (5.03%), Vitamin A: 242.87IU (4.86%), Vitamin K: 4.37µg (4.16%), Folate: 11.71µg (2.93%), Vitamin C: 2.16mg (2.62%), Fiber: 0.32g (1.26%)