



Braised Pork with Mojo Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 large head garlic peeled chopped
- 1 teaspoon pepper black
- 6 servings sauce
- 28 ounce chicken broth canned
- 2 tablespoons olive oil
- 1 large onion thinly sliced
- 5.5 pounds pork ribs boneless country-style fat trimmed cut into 2- to 3-inch pieces

1 teaspoon salt

Equipment

bowl

frying pan

oven

pot

slotted spoon

Directions

Preheat oven to 400°F.

Combine pork, broth, half of garlic, bay leaves, salt, and pepper in large ovenproof pot. Cover tightly; bake until pork is very tender, about 1 hour 30 minutes. Using slotted spoon, transfer pork to bowl. Boil liquid in pot until reduced to 1 1/2 cups, about 30 minutes. Return pork to pot; simmer until heated through, about 5 minutes.

Meanwhile, heat oil in heavy large skillet over medium-high heat.

Add onion and remaining garlic; sauté until onion is tender and golden brown, about 12 minutes. Season with salt and pepper.

Transfer pork to plates; spoon some pan juices over. Top with sautéed onion mixture.

Serve with Mojo Sauce.

Nutrition Facts

 **PROTEIN 21.96%**  **FAT 75.32%**  **CARBS 2.72%**

Properties

Glycemic Index:14.83, Glycemic Load:0.99, Inflammation Score:-3, Nutrition Score:28.66521721722%

Flavonoids

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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 887.76kcal (44.39%), Fat: 73.63g (113.28%), Saturated Fat: 22.81g (142.59%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.51g (1.68%), Cholesterol: 232.84mg (77.61%), Sodium: 676.98mg (29.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.29g (96.58%), Selenium: 64.84µg (92.63%), Vitamin B6: 1.77mg (88.67%), Vitamin B3: 15.45mg (77.24%), Vitamin B1: 0.95mg (63.31%), Zinc: 7.51mg (50.08%), Phosphorus: 465.03mg (46.5%), Vitamin B2: 0.78mg (46.05%), Vitamin D: 6.69µg (44.63%), Potassium: 878.08mg (25.09%), Vitamin B12: 1.24µg (20.64%), Vitamin B5: 1.88mg (18.82%), Iron: 3.13mg (17.41%), Copper: 0.33mg (16.44%), Magnesium: 52.18mg (13.04%), Vitamin E: 1.76mg (11.74%), Manganese: 0.19mg (9.28%), Calcium: 65.19mg (6.52%), Vitamin C: 3.32mg (4.03%), Vitamin K: 3.53µg (3.37%), Fiber: 0.62g (2.46%), Folate: 5.01µg (1.25%)