



Braised Pork with Orange and Fennel



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anise seeds
- ☐ 0.8 teaspoon pepper black
- ☐ 3 lb boston butt pork shoulder boneless cut into 1 1/2-inch cubes
- ☐ 1 stick piece cinnamon (1 1/2-inch)
- ☐ 0.5 cup medium-dry sherry chinese
- ☐ 3 fennel bulbs sliced lengthwise (sometimes called anise)
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 2 inch ginger fresh peeled smashed

- ☐ 4 garlic cloves smashed
- ☐ 20 fl. oz. chicken broth low-sodium
- ☐ 1 large onion chopped
- ☐ 2 inch orange zest fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ cheesecloth

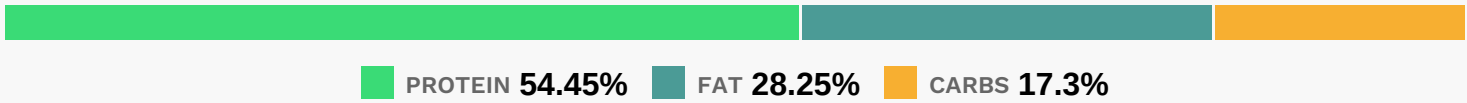
Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 350°F.
- ☐ Wrap cinnamon stick and anise seeds in a small square of cheesecloth and tie bundle closed with string.
- ☐ Pat pork dry and sprinkle with salt and pepper.
- ☐ Heat oil in a deep 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then brown pork in 3 batches, turning, about 4 minutes per batch.
- ☐ Transfer to a bowl as browned.
- ☐ Pour off all but 1 tablespoon fat from pot and cook onion and garlic over moderate heat, stirring, until golden, 3 to 5 minutes.
- ☐ Add ginger, zest, and sugar and cook, stirring, 1 minute. Stir in soy sauce, rice wine, broth, pork with any accumulated juices, and cheesecloth bag. Braise mixture, covered, in oven 1 hour.
- ☐ Stir in fennel and braise, covered, in oven until fennel is very tender, 30 to 40 minutes. Discard cheesecloth bag, then season pork mixture with salt and pepper and stir in cilantro.

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Braised pork and fennel (without cilantro) can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat on top of stove, then stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:38.996956535008%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 444.85kcal (22.24%), Fat: 13.2g (20.31%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 13.36g (4.86%), Sugar: 8.2g (9.11%), Cholesterol: 136.08mg (45.36%), Sodium: 1392.57mg (60.55%), Alcohol: 3.22g (100%), Alcohol %: 0.78% (100%), Protein: 57.24g (114.48%), Vitamin B3: 24.74mg (123.69%), Vitamin B1: 1.5mg (100.33%), Vitamin B6: 1.81mg (90.29%), Selenium: 60.26µg (86.09%), Vitamin K: 86.67µg (82.55%), Vitamin B2: 1.17mg (68.54%), Phosphorus: 647.19mg (64.72%), Potassium: 1543.67mg (44.1%), Vitamin B12: 2.07µg (34.53%), Zinc: 4.95mg (32.98%), Manganese: 0.57mg (28.32%), Vitamin B5: 2.64mg (26.37%), Magnesium: 94.38mg (23.59%), Vitamin C: 18.2mg (22.06%), Iron: 3.83mg (21.27%), Fiber: 4.82g (19.28%), Copper: 0.36mg (17.98%), Folate: 41.31µg (10.33%), Calcium: 102.12mg (10.21%), Vitamin E: 1.3mg (8.63%), Vitamin A: 254.6IU (5.09%)