



WHATSheATE



Braised Pork with Pears and Chiles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 anjou pear
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken broth
- ☐ 1 large chilies dried such as new mexico
- ☐ 2 chili peppers dried
- ☐ 0.5 cup wine dry white
- ☐ 8 garlic clove peeled
- ☐ 2 tablespoons juice of lemon

- ☐ 3.5 lbs pork butt
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons vegetable oil

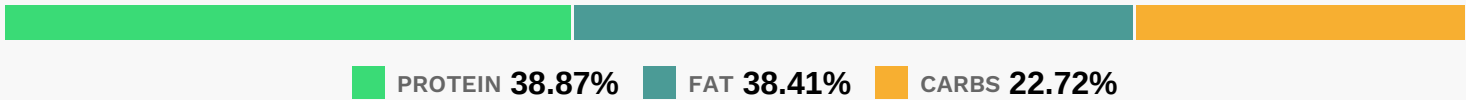
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Rub salt and pepper all over pork. Cover and chill overnight.
- ☐ Preheat oven to 35
- ☐ Heat a large ovenproof pot over high heat and pour in oil. When hot, add pork. Brown pork on all sides until well browned (about 4 minutes per side), adjusting the heat to keep the pork sizzling but not burning.
- ☐ Transfer pork to a plate or platter.
- ☐ Reduce heat to medium and add wine and lemon juice, scraping up browned bits.
- ☐ Add broth, garlic, and chiles. Return pork to pot and bring liquid to a boil. Cover pork and bake in oven until tender when pierced with a fork, about 2 hours.
- ☐ Quarter, core, and peel pears.
- ☐ Add pears to pot, cover, and bake until pears are cooked through, about 30 minutes.
- ☐ Serve hot, with pan juices.

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:6.29, Inflammation Score:-4, Nutrition Score:26.171304547268%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 402.53kcal (20.13%), Fat: 16.69g (25.67%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 17.91g (6.51%), Sugar: 13.43g (14.92%), Cholesterol: 119.36mg (39.79%), Sodium: 767.68mg (33.38%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 37.99g (75.98%), Selenium: 56.61µg (80.88%), Vitamin B1: 1.13mg (75.62%), Vitamin B6: 1.12mg (56.05%), Vitamin B2: 0.81mg (47.88%), Zinc: 6.87mg (45.81%), Vitamin B3: 9.01mg (45.06%), Phosphorus: 425.56mg (42.56%), Vitamin B5: 3.21mg (32.09%), Vitamin B12: 1.81µg (30.15%), Potassium: 862.07mg (24.63%), Fiber: 4.3g (17.19%), Copper: 0.33mg (16.34%), Iron: 2.76mg (15.31%), Vitamin K: 15.77µg (15.02%), Magnesium: 56.02mg (14%), Vitamin C: 8.19mg (9.92%), Manganese: 0.18mg (9.19%), Vitamin D: 1.19µg (7.94%), Vitamin E: 1.07mg (7.16%), Calcium: 48.39mg (4.84%), Folate: 10.45µg (2.61%), Vitamin A: 84.51IU (1.69%)