



Braised pork with prunes

READY IN



120 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 600 g boston butt pork shoulder cut into 5cm chunks
- ☐ 1 small knob butter
- ☐ 1 onion sliced
- ☐ 1 tbsp flour plain
- ☐ 2 large glasses wine fruity
- ☐ 300 ml chicken stock see
- ☐ 140 g prune- cut to pieces dried (12)
- ☐ 1 handful parsley fresh chopped

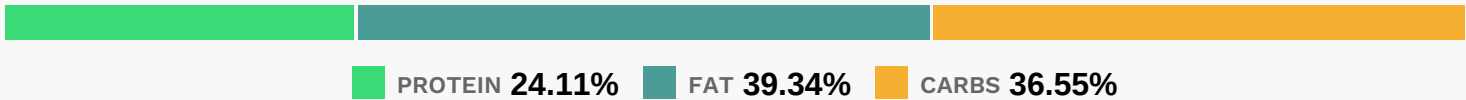
Equipment

- ☐ frying pan
- ☐ casserole dish

Directions

- ☐ Heat the olive oil in a flame-proof casserole pan and cook the pork, turning occasionally, until it is golden brown all over, about 10 mins. You need plenty of space in the pan, so cook in 2 batches if the meat starts to steam.
- ☐ Remove from the pan to a plate. Tip out any burnt bits, then add the butter and cook the onion for 3-5 mins until softened.
- ☐ Stir in the flour, then return the pork and juices to the pan.
- ☐ Pour over the wine and enough stock to cover the meat. Bring to the boil, reduce to a simmer, put the lid on and cook for 45 mins, stirring occasionally. Tip in the prunes, top up with stock or water if the meat isnt covered, and cook 45 mins more, uncovered, until really tender.
- ☐ Serve sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:18.105652207914%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 430.34kcal (21.52%), Fat: 15.39g (23.68%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 29.15g (10.6%), Sugar: 16.85g (18.73%), Cholesterol: 74.87mg (24.96%), Sodium: 220.46mg (9.59%), Alcohol: 12.15g (100%), Alcohol %: 4.28% (100%), Protein: 21.22g (42.44%), Vitamin B1: 0.89mg (59.18%), Selenium: 29.72µg (42.45%), Vitamin K: 40.44µg (38.51%), Vitamin B3: 6.06mg (30.29%), Vitamin B6: 0.59mg (29.59%), Vitamin B2: 0.45mg (26.72%), Phosphorus: 262.6mg (26.26%), Zinc: 3.35mg (22.34%), Potassium: 780.87mg (22.31%), Manganese: 0.3mg (15.18%), Magnesium: 52.18mg (13.04%), Vitamin B12: 0.78µg (12.96%), Copper: 0.25mg (12.39%), Fiber: 3.04g (12.14%), Iron: 2.15mg (11.93%), Vitamin B5: 1mg (10.05%), Vitamin A: 497.11IU (9.94%), Vitamin E: 0.81mg (5.42%), Vitamin C: 4.46mg (5.41%), Folate: 21.29µg (5.32%), Calcium: 50.04mg (5%)