

Brazilian Feijoada



Gluten Free



Dairy Free

READY IN



587 min.

SERVINGS



8

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices applewood-smoked bacon
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 pounds beef short ribs bone-in trimmed
- ☐ 1 pound boston butt pork shoulder boneless trimmed cut into 1/2-inch cubes (Boston butt)
- ☐ 2 cups black beans dried
- ☐ 4 garlic cloves minced
- ☐ 1.3 cups lower-sodium chicken broth fat-free
- ☐ 3 cups onion finely chopped (2 medium)

- ☐ 8 orange wedges
- ☐ 0.8 teaspoon salt divided
- ☐ 9 ounce ham hock smoked
- ☐ 1 tablespoon vinegar white

Equipment

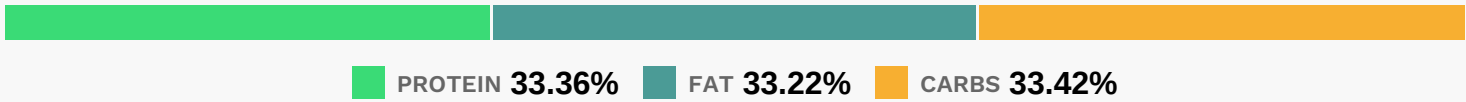
- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Place black beans in a small saucepan; cover with cold water. Bring to a boil; cook beans for 2 minutes.
- ☐ Remove from heat; cover and let stand 1 hour.
- ☐ Drain beans.
- ☐ Cook bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Sprinkle pork evenly with 1/8 teaspoon salt and 1/4 teaspoon pepper. Increase heat to medium-high.
- ☐ Add pork to drippings in skillet; saut 8 minutes, turning to brown on all sides.
- ☐ Transfer pork to a 6-quart electric slow cooker.
- ☐ Sprinkle ribs evenly with 1/8 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Add ribs to skillet; cook 3 minutes on each side or until browned.
- ☐ Place ribs in slow cooker.
- ☐ Add drained beans, remaining 1/2 teaspoon salt, onion, and next 3 ingredients (through ham hock) to slow cooker, stirring to combine. Cover and cook on LOW 8 hours or until beans and meat are tender.
- ☐ Remove ribs from slow cooker; let stand 15 minutes.
- ☐ Remove meat from bones; shred meat with 2 forks. Discard bones. Discard ham hock. Return beef to slow cooker. Stir in vinegar and crumbled bacon.

Serve with orange wedges.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:6.63, Inflammation Score:-9, Nutrition Score:36.416956260152%

Flavonoids

Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg, Petunidin: 7.47mg Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg, Delphinidin: 8.97mg Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg, Malvidin: 5.15mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 621.91kcal (31.1%), Fat: 22.98g (35.36%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 40.28g (14.65%), Sugar: 15.84g (17.6%), Cholesterol: 124.88mg (41.63%), Sodium: 528.89mg (23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.94g (103.88%), Vitamin C: 74.6mg (90.42%), Vitamin B1: 1.06mg (70.34%), Folate: 271.07µg (67.77%), Vitamin B12: 3.35µg (55.91%), Vitamin B6: 1.07mg (53.49%), Phosphorus: 512mg (51.2%), Potassium: 1775.4mg (50.73%), Vitamin B3: 10.11mg (50.55%), Zinc: 7.18mg (47.84%), Fiber: 11.74g (46.98%), Selenium: 31.5µg (44.99%), Manganese: 0.69mg (34.38%), Magnesium: 136.92mg (34.23%), Vitamin B2: 0.56mg (33.18%), Iron: 5.59mg (31.03%), Copper: 0.6mg (30.08%), Vitamin B5: 1.73mg (17.31%), Calcium: 146.9mg (14.69%), Vitamin A: 309.08IU (6.18%), Vitamin K: 3.19µg (3.03%), Vitamin E: 0.44mg (2.97%)