



Charbonne

READY IN



75 min.

SERVINGS



8

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces bacon cut into small pieces
- ☐ 2 bay leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 2 pounds boston butt pork shoulder boneless
- ☐ 2 tablespoons butter
- ☐ 0.5 teaspoon cumin
- ☐ 1.5 ounces flour
- ☐ 1 clove garlic chopped
- ☐ 1 large onion diced

- ☐ 8 servings potatoes and croutons boiled for serving
- ☐ 2 quarts red wine
- ☐ 0.5 teaspoon rosemary
- ☐ 0.5 teaspoon sage
- ☐ 8 servings salt
- ☐ 0.5 teaspoon tarragon
- ☐ 1 cup water

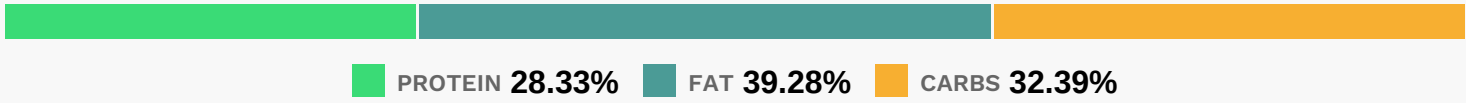
Equipment

- ☐ frying pan

Directions

- ☐ Cut pork shoulder into small pieces. In a large pan, saute the pork in butter and garlic until golden brown.
- ☐ Add onion and cook until softened.
- ☐ Add the flour, salt, pepper, sage, rosemary, cumin, tarragon, and bay leaves and stir. Next add the wine and water and cover. Cook over low heat for 30 minutes. In a separate pan, saute the bacon until the fat has rendered and it's golden brown. After pork has been cooked for 30 minutes, add rendered bacon to dish. Cook for 30 more minutes.
- ☐ Serve with potatoes and croutons.

Nutrition Facts



Properties

Glycemic Index:57.22, Glycemic Load:23.52, Inflammation Score:-8, Nutrition Score:28.679565136847%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg Delphinidin: 4.76mg, Delphinidin: 4.76mg, Delphinidin: 4.76mg, Delphinidin: 4.76mg Malvidin: 32.74mg, Malvidin: 32.74mg, Malvidin: 32.74mg, Malvidin: 32.74mg Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg, Peonidin: 2.96mg Catechin: 16.89mg, Catechin: 16.89mg, Catechin: 16.89mg, Catechin: 16.89mg

16.89mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg
Epicatechin: 8.97mg, Epicatechin: 8.97mg, Epicatechin: 8.97mg, Epicatechin: 8.97mg Epicatechin 3–gallate:
0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg
Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 4.19mg, Naringenin:
4.19mg, Naringenin: 4.19mg, Naringenin: 4.19mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin:
0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.99mg, Isorhamnetin:
0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol:
1.54mg, Kaempferol: 1.54mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin:
7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg,
Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 662.26kcal (33.11%), Fat: 21.02g (32.33%), Saturated Fat: 7.79g (48.71%), Carbohydrates: 38.99g (13%),
Net Carbohydrates: 35.16g (12.78%), Sugar: 3.46g (3.84%), Cholesterol: 98.95mg (32.98%), Sodium: 533.31mg
(23.19%), Alcohol: 25.08g (100%), Alcohol %: 5.35% (100%), Protein: 34.11g (68.21%), Vitamin B6: 1.52mg (76.22%),
Vitamin B3: 14.78mg (73.92%), Vitamin B1: 1.01mg (67.6%), Selenium: 39.31µg (56.15%), Phosphorus: 464.47mg
(46.45%), Potassium: 1474.29mg (42.12%), Vitamin B2: 0.71mg (41.93%), Vitamin C: 31.14mg (37.75%), Copper:
0.69mg (34.62%), Manganese: 0.67mg (33.51%), Magnesium: 101.45mg (25.36%), Zinc: 3.49mg (23.27%), Iron:
3.87mg (21.48%), Vitamin B12: 1.17µg (19.49%), Vitamin B5: 1.88mg (18.79%), Fiber: 3.84g (15.34%), Folate: 40.21µg
(10.05%), Calcium: 58.41mg (5.84%), Vitamin K: 4.31µg (4.1%), Vitamin A: 117.84IU (2.36%), Vitamin E: 0.35mg
(2.34%)