



Cider-Braised Pork Shoulder with Caramelized Onions

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup unfiltered apple cider
- ☐ 2 garlic cloves cut into slivers
- ☐ 2 tablespoons olive oil
- ☐ 1.5 lb onions halved lengthwise cut lengthwise into 1/4-inch-thick slices (5 or 6 medium)
- ☐ 3 lb pork shoulder half fresh bone-in (preferably arm picnic)

Equipment

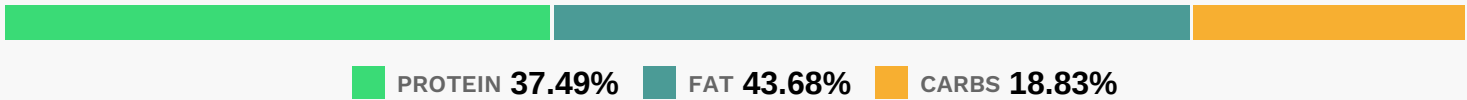
- ☐ oven

- ☐ knife
- ☐ pot
- ☐ tongs
- ☐ carving fork

Directions

- ☐ Preheat oven to 325°F.
- ☐ Score fat and any skin on pork in a crosshatch pattern. Make slits all over meat with a small sharp knife and insert a garlic sliver in each slit. Pat pork dry and season with salt and pepper.
- ☐ Heat oil in a 4- to 5-quart ovenproof heavy pot over moderately high heat until hot but not smoking, then brown meat on all sides, turning occasionally with the aid of tongs and a carving fork, about 8 minutes.
- ☐ Transfer pork to a plate.
- ☐ Add onions to pot and sauté over moderately high heat, stirring occasionally, until softened and starting to turn golden, about 5 minutes.
- ☐ Add 3/4 teaspoon salt and sauté, stirring occasionally, until onions are golden and caramelized, 8 to 10 minutes more.
- ☐ Stir in cider and return pork to pot.
- ☐ Cover pot with a tight-fitting lid and braise pork in middle of oven until very tender, 2 1/2 to 3 hours.
- ☐ Transfer pork to a serving dish with the aid of tongs and carving fork. Boil cooking juices with onions until mixture is reduced to about 2 cups, 2 to 3 minutes, then season with salt and pepper and serve with pork.
- ☐ · Pork can be made 1 day ahead. Cool, uncovered, then chill, covered. Reheat in liquid, covered, at 325°F 1 hour.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:3.77, Inflammation Score:-6, Nutrition Score:18.877826119247%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.21mg, Quercetin: 23.21mg, Quercetin: 23.21mg, Quercetin: 23.21mg

Nutrients (% of daily need)

Calories: 306.42kcal (15.32%), Fat: 14.7g (22.62%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 12.25g (4.45%), Sugar: 7.66g (8.51%), Cholesterol: 92.69mg (30.9%), Sodium: 111.12mg (4.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.77%), Vitamin B1: 1.28mg (85.56%), Selenium: 41.55µg (59.36%), Vitamin B6: 0.73mg (36.4%), Phosphorus: 315.94mg (31.59%), Vitamin B3: 6.07mg (30.37%), Zinc: 4.55mg (30.36%), Vitamin B2: 0.47mg (27.71%), Vitamin B12: 1.16µg (19.37%), Potassium: 671.17mg (19.18%), Vitamin B5: 1.3mg (12.97%), Vitamin C: 10.08mg (12.21%), Iron: 2mg (11.14%), Magnesium: 42.12mg (10.53%), Manganese: 0.2mg (10.07%), Copper: 0.19mg (9.25%), Fiber: 2.01g (8.03%), Folate: 28.49µg (7.12%), Calcium: 49.67mg (4.97%), Vitamin E: 0.7mg (4.66%), Vitamin K: 3.28µg (3.12%)