



Cinnamon-Soy Braised Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



170 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pounds boston butt pork shoulder boneless trimmed
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon canola oil
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 8 teaspoons cilantro leaves fresh chopped
- ☐ 2 tablespoons julienne-cut ginger fresh peeled
- ☐ 6 tablespoons lower-sodium soy sauce
- ☐ 0.5 cup rice wine dry

☐ 1 star anise

Equipment

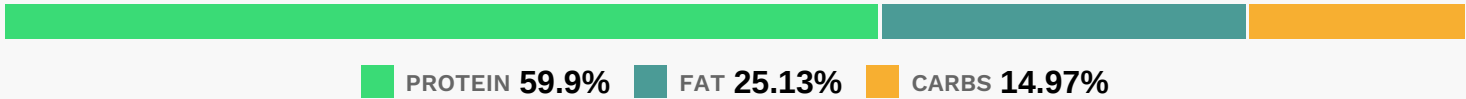
☐ frying pan

☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over high heat.
- ☐ Add pork to pan; cook 5 minutes or until browned, turning frequently.
- ☐ Remove from pan; set aside.
- ☐ Combine soy sauce and the next 5 ingredients (through star anise) in pan over medium heat, and stir until sugar dissolves. Return pork to pan. Cover, reduce heat, and simmer for 2 1/2 hours or until pork is fork-tender. Discard cinnamon and anise. Shred meat into large pieces using 2 forks; toss with sauce.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:25.785652596665%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 333.28kcal (16.66%), Fat: 8.58g (13.2%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.89g (3.96%), Sugar: 9g (10%), Cholesterol: 119.07mg (39.69%), Sodium: 542.41mg (23.58%), Alcohol: 2.41g (100%), Alcohol %: 1.28% (100%), Protein: 45.99g (91.99%), Vitamin B3: 19.23mg (96.16%), Vitamin B1: 1.29mg (85.73%), Selenium: 51.63µg (73.75%), Vitamin B6: 1.46mg (73.04%), Vitamin B2: 0.95mg (56.06%), Phosphorus: 477.38mg (47.74%), Vitamin B12: 1.73µg (28.77%), Zinc: 4mg (26.66%), Potassium: 821.67mg (23.48%), Vitamin B5: 2.01mg (20.07%), Magnesium: 63.12mg (15.78%), Manganese: 0.24mg (12.23%), Iron: 2.14mg (11.89%), Copper: 0.17mg (8.53%), Vitamin E: 0.54mg (3.61%), Calcium: 35.77mg (3.58%), Fiber: 0.6g (2.42%), Vitamin K: 1.83µg (1.75%), Folate: 5.69µg (1.42%)