

Honey-Soy Braised Pork Shoulder



Ingredients

- 0.3 cup chili-garlic sauce (such as Sriracha)
- 8 servings rice cooked
- 1.5 tablespoons cornstarch
- 2 tablespoons ginger fresh finely chopped (from a 2-inch piece)
- 0.5 cup honey
- 4 lb boston butt pork shoulder trimmed cut into 2-inch pieces
- 8 servings salt and pepper
- 0.5 cup soya sauce

Equipment

bowl
whisk
slotted spoon
slow cooker

Directions

Nutrition Facts		
	Serve with rice, if desired.	
	Whisk cornstarch mixture back into slow cooker and cook, stirring once or twice, until thickened, about 5 minutes longer. Season with salt and pepper and pour over meat.	
	Remove 1/2 cup sauce to a small bowl and whisk in cornstarch.	
	Using a slotted spoon, transfer meat to a large bowl.	
	Place pork shoulder in slow cooker, pour sauce over meat and stir to coat. Cover and cook on low until pork is tender, 7 to 8 hours.	
	In a small bowl, whisk together soy sauce, honey, chili-garlic sauce and ginger until well combined.	

PROTEIN 31.59% 📕 FAT 23.37% 📒 CARBS 45.04%

Properties

Glycemic Index:23.91, Glycemic Load:33.16, Inflammation Score:-2, Nutrition Score:18.858695726032%

Nutrients (% of daily need)

Calories: 396.25kcal (19.81%), Fat: 10.13g (15.58%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 43.09g (15.67%), Sugar: 18.99g (21.1%), Cholesterol: 92.69mg (30.9%), Sodium: 1474.14mg (64.09%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 30.79g (61.59%), Vitamin B1: 1.25mg (83.18%), Selenium: 47.08µg (67.25%), Vitamin B6: 0.68mg (34.22%), Vitamin B3: 6.84mg (34.21%), Phosphorus: 333.92mg (33.39%), Zinc: 4.85mg (32.32%), Vitamin B2: 0.48mg (27.96%), Manganese: 0.48mg (24.2%), Vitamin B12: 1.16µg (19.37%), Potassium: 548.51mg (15.67%), Vitamin B5: 1.52mg (15.18%), Iron: 2.3mg (12.77%), Magnesium: 45.56mg (11.39%), Copper: 0.22mg (11.04%), Fiber: 0.82g (3.29%), Calcium: 31.87mg (3.19%), Folate: 12.51µg (3.13%), Vitamin C: 1.3mg (1.58%)