



Honey-Soy Braised Pork Shoulder



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



8

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

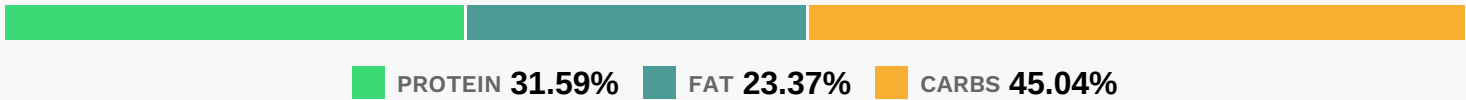
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ In a small bowl, whisk together soy sauce, honey, chili-garlic sauce and ginger until well combined.
- ☐ 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.
- ☐ Using a slotted spoon, transfer meat to a large bowl.
- ☐ Remove 1/2 cup sauce to a small bowl and whisk in cornstarch.
- ☐ 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.
- ☐ Serve with rice, if desired.

Nutrition Facts



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: 0g (100%), Alcohol %: 0% (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%)