

Italian Gravy



Gluten Free



Dairy Free

READY IN



345 min.

SERVINGS



12

CALORIES



237 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 2 teaspoons parsley dried
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons garlic powder
- ☐ 2 teaspoons oregano dried

- ☐ 4 pounds pork shoulder roast
- ☐ 1 teaspoon salt
- ☐ 56 ounce tomato purée canned
- ☐ 6 cups water
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup white wine
- ☐ 1 large onion diced yellow

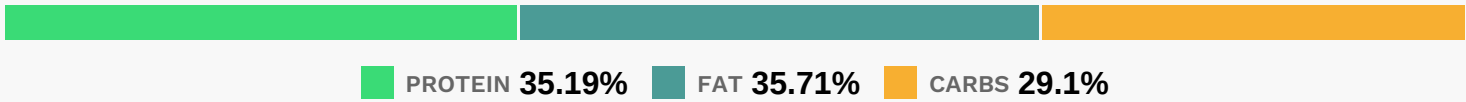
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat olive oil in a large stock pot over medium heat.
- ☐ Saute onions and garlic until lightly browned.
- ☐ Place pork shoulder in pot, and pour in 1/2 cup white wine and 3 cups water. In a small bowl, combine oregano, parsley, thyme, rosemary, garlic powder, salt and pepper.
- ☐ Sprinkle 1/4 of spice mixture over pork. Cover, and cook for 30 minutes turning occasionally.
- ☐ Add water periodically if needed.
- ☐ Pour in tomato puree. Fill cans with water, and pour in (about 6 cups). Stir in remaining spice mixture and the sugar. When liquid starts to bubble, reduce heat to low, cover, and cook for 4 to 5 hours. Stir occasionally, and adjust seasonings to taste.

Nutrition Facts



Properties

Glycemic Index:24.34, Glycemic Load:6.03, Inflammation Score:-7, Nutrition Score:18.310434756072%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 237.31kcal (11.87%), Fat: 9.36g (14.4%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 14.03g (5.1%), Sugar: 10.67g (11.86%), Cholesterol: 61.79mg (20.6%), Sodium: 447.01mg (19.44%), Alcohol: 1.03g (100%), Alcohol %: 0.35% (100%), Protein: 20.75g (41.5%), Vitamin B1: 0.93mg (62.08%), Selenium: 28.64µg (40.92%), Vitamin B6: 0.64mg (32.11%), Vitamin B3: 5.63mg (28.13%), Phosphorus: 243.73mg (24.37%), Zinc: 3.38mg (22.53%), Vitamin B2: 0.37mg (21.76%), Potassium: 760.12mg (21.72%), Copper: 0.37mg (18.64%), Iron: 3.28mg (18.22%), Manganese: 0.35mg (17.58%), Vitamin C: 14.01mg (16.98%), Vitamin E: 2.08mg (13.84%), Magnesium: 52.32mg (13.08%), Vitamin B12: 0.77µg (12.91%), Fiber: 3.13g (12.54%), Vitamin K: 12.52µg (11.92%), Vitamin B5: 1.17mg (11.68%), Calcium: 75.37mg (7.54%), Folate: 26.33µg (6.58%), Vitamin A: 300.58IU (6.01%)