

health-score72%

HEALTH SCORE

Juicy Butt Steaks

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

250 min.

SERVINGS

servings

2

CALORIES

calories

1915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon garlic powder to taste
- ☐ 2 cups catsup
- ☐ 1 large onion sliced
- ☐ 2 pork shoulder steaks (Boston butt)
- ☐ 2 servings salt and pepper to taste
- ☐ 2 cups water

Equipment

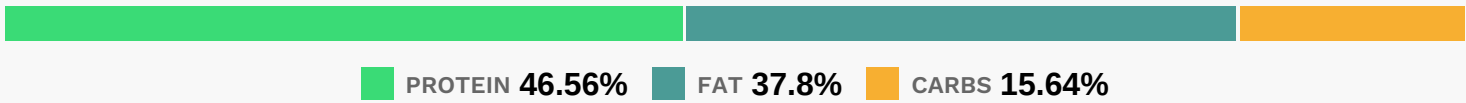
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat. Season the pork steaks on both sides with salt, pepper and garlic powder.
- ☐ Place in the skillet and cook until browned on each side, about 4 minutes per side.
- ☐ Place sliced onions on top of the steaks in the pan. Stir together the ketchup and water in a medium bowl; pour over the steaks. Bring to a simmer, then reduce the heat to medium-low, cover and cook for about 2 hours. The longer you cook, the better the meat tastes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:59.728695599929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg

Nutrients (% of daily need)

Calories: 1915.04kcal (95.75%), Fat: 79.33g (122.05%), Saturated Fat: 27.4g (171.25%), Carbohydrates: 73.86g (24.62%), Net Carbohydrates: 71.73g (26.08%), Sugar: 54.34g (60.37%), Cholesterol: 741.38mg (247.13%), Sodium: 3227.29mg (140.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 219.9g (439.8%), Vitamin B1: 9.85mg (656.62%), Selenium: 328.84µg (469.78%), Vitamin B6: 5.09mg (254.31%), Vitamin B3: 50.84mg (254.18%), Zinc: 35.35mg (235.67%), Phosphorus: 2325.57mg (232.56%), Vitamin B2: 3.9mg (229.14%), Vitamin B12: 9.29µg (154.92%), Potassium: 4575.14mg (130.72%), Vitamin B5: 9.31mg (93.12%), Iron: 14.58mg (81.02%), Magnesium: 274.6mg (68.65%), Copper: 1.35mg (67.63%), Vitamin C: 24.26mg (29.41%), Vitamin A: 1299.09IU (25.98%), Manganese: 0.48mg (24.12%), Vitamin E: 3.53mg (23.53%), Folate: 91.88µg (22.97%), Calcium: 216.57mg (21.66%), Fiber: 2.13g (8.52%), Vitamin K: 7.51µg (7.15%)