



Mom's New Years Pig's Feet



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 2 rib celery chopped
- ☐ 8 pig feet split
- ☐ 1 tablespoon garlic chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 2 tablespoons pepper flakes red
- ☐ 2 tablespoons lawry's seasoned salt

- ☐ 4 servings water or as needed to cover
- ☐ 0.8 cup vinegar white

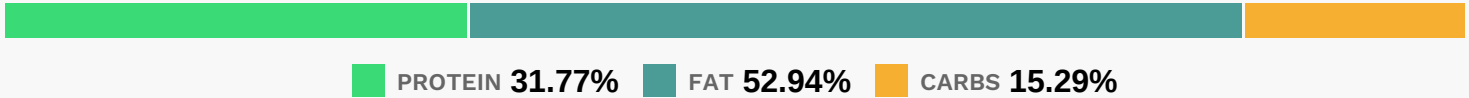
Equipment

- ☐ dutch oven

Directions

- ☐ Thoroughly wash pig feet in cold water and place into a large pot or Dutch oven.
- ☐ Add celery, onion, vinegar, red pepper flakes, seasoned salt, garlic, black pepper, and bay leaves to the feet; pour in water to cover.
- ☐ Bring to a boil, reduce heat to low, and simmer until meat is tender and falling off the bones, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:6.9295651757199%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 155.75kcal (7.79%), Fat: 8.81g (13.55%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 3.67g (1.34%), Sugar: 1.5g (1.67%), Cholesterol: 47.04mg (15.68%), Sodium: 3606.08mg (156.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Vitamin A: 1250.8IU (25.02%), Folate: 54.92µg (13.73%), Manganese: 0.24mg (12.03%), Vitamin E: 1.69mg (11.27%), Vitamin B2: 0.16mg (9.45%), Calcium: 87.38mg (8.74%), Copper: 0.16mg (8.21%), Fiber: 2.05g (8.2%), Iron: 1.41mg (7.82%), Vitamin B6: 0.15mg (7.49%), Phosphorus: 72.39mg (7.24%), Vitamin K: 5.45µg (5.19%), Selenium: 3.53µg (5.04%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.26µg (4.39%), Potassium: 153.42mg (4.38%), Vitamin B1: 0.06mg (4.06%), Magnesium: 15.91mg (3.98%), Vitamin B3: 0.74mg (3.71%), Vitamin C: 2.73mg (3.3%)