



Orange-Cranberry Pork Stew



Gluten Free



Dairy Free

READY IN



126 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork shoulder boneless trimmed cut into 1-inch pieces (Boston butt)
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 4 cups rice long-grain white hot cooked
- ☐ 1 cup cranberries fresh
- ☐ 1 tablespoon t brown sugar dark
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 5 garlic clove chopped
- ☐ 2 tablespoons spring onion diagonally sliced

- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons soy sauce
- ☐ 0.5 cup onion coarsely chopped
- ☐ 1 medium cranberry-orange relish
- ☐ 1 tablespoon rice vinegar
- ☐ 2 teaspoons chili paste depending on your taste pref fresh (ground chile paste)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Peel and section orange over a bowl; squeeze membranes to extract juice. Set sections aside; reserve juice.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle pork evenly with salt.
- ☐ Add pork to pan; saut 5 minutes, turning to brown on all sides.
- ☐ Add 1/2 cup chopped onion to pan; saut 2 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in orange sections, orange juice, stock, and next 4 ingredients (through sambal). Cover; bake at 325 for 1 hour. Stir in cranberries.
- ☐ Bake, covered, at 325 for an additional 30 minutes or until pork is fork-tender.
- ☐ Place 1 cup rice in each of 4 bowls; top each serving with about 3/4 cup pork mixture.
- ☐ Sprinkle each serving with 1 1/2 teaspoons green onions.

Nutrition Facts



Properties

Glycemic Index:83.88, Glycemic Load:50.89, Inflammation Score:-6, Nutrition Score:23.996521949768%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

Nutrients (% of daily need)

Calories: 445kcal (22.25%), Fat: 6.67g (10.25%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 58.05g (21.11%), Sugar: 9.29g (10.32%), Cholesterol: 69.84mg (23.28%), Sodium: 585.79mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Vitamin B3: 12.79mg (63.93%), Selenium: 43.39µg (61.99%), Vitamin B6: 1.13mg (56.33%), Vitamin B1: 0.84mg (55.95%), Manganese: 0.99mg (49.58%), Vitamin B2: 0.65mg (38.22%), Phosphorus: 378.66mg (37.87%), Vitamin C: 24.66mg (29.89%), Zinc: 3.27mg (21.82%), Potassium: 720.25mg (20.58%), Vitamin B5: 1.96mg (19.64%), Vitamin B12: 0.99µg (16.44%), Magnesium: 65.29mg (16.32%), Copper: 0.29mg (14.34%), Fiber: 2.88g (11.53%), Iron: 1.84mg (10.24%), Vitamin K: 7.96µg (7.58%), Folate: 27.45µg (6.86%), Calcium: 59.91mg (5.99%), Vitamin E: 0.64mg (4.3%), Vitamin A: 126.11IU (2.52%)