



Paksiw na Pata (Pig's Feet Stew)

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



5

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 tablespoon peppercorns whole black crushed
- 3.3 pounds pig's feet dry rinsed
- 2 cloves garlic crushed
- 1 onion diced
- 5 servings salt to taste
- 0.3 cup soya sauce
- 1.5 cups vinegar

- 1.5 cups water
- 1 tablespoon sugar white

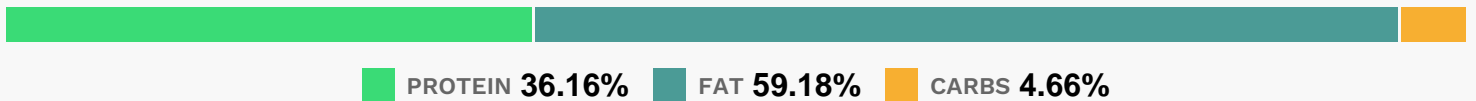
Equipment

- pot

Directions

- Combine the pig's feet, vinegar, water, soy sauce, onion, garlic, peppercorns, bay leaves, sugar, and salt together in a stockpot; bring to a boil for 2 to 3 minutes. Reduce heat to medium-low; allow the stew to simmer, stirring occasionally, until the meat pulls easily from the bones and the liquid has thickened, about 1 hour.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:2.61, Inflammation Score:-5, Nutrition Score:14.758260944615%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 681.98kcal (34.1%), Fat: 43.17g (66.41%), Saturated Fat: 11.6g (72.49%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.6g (2.4%), Sugar: 3.65g (4.05%), Cholesterol: 247.66mg (82.55%), Sodium: 1261.9mg (54.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.35g (118.71%), Folate: 261.01µg (65.25%), Vitamin B2: 0.62mg (36.75%), Calcium: 286mg (28.6%), Phosphorus: 279.32mg (27.93%), Vitamin B12: 1.39µg (23.1%), Manganese: 0.43mg (21.41%), Copper: 0.38mg (18.84%), Iron: 3.36mg (18.69%), Selenium: 11.52µg (16.45%), Zinc: 2.19mg (14.62%), Vitamin B1: 0.2mg (13.38%), Vitamin B3: 1.85mg (9.24%), Magnesium: 28.4mg (7.1%), Vitamin A: 310.03IU (6.2%), Vitamin E: 0.82mg (5.48%), Vitamin B6: 0.11mg (5.43%), Potassium: 189.64mg (5.42%), Fiber: 1.04g (4.18%), Vitamin D: 0.59µg (3.93%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.03mg (2.46%), Vitamin B5: 0.12mg (1.2%)