



Pickled Pork

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

READY IN



4343 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider vinegar
- 1 bay leaf
- 0.3 teaspoon peppercorns whole black
- 1 tablespoon celery seed
- 6 cloves garlic crushed peeled
- 2 tablespoons hot sauce
- 8 ounces ice cubes
- 0.3 cup kosher salt

- 1.5 pounds pork butt fresh boneless cut into 2-inch cubes
- 2 tablespoons sugar
- 2 cups water
- 2 tablespoons mustard seed yellow

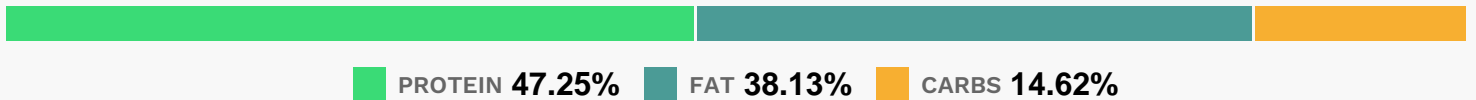
Equipment

- sauce pan

Directions

- Watch how to make this recipe.
- Combine all of the ingredients except the ice and the pork in a 2-quart nonreactive saucepan, set over high heat and bring to a boil. Reduce the heat and maintain a simmer for 3 minutes.
- Remove from the heat, add the ice and stir.
- Place the pork into a 1-gallon zip top bag and add the cooled pickling liquid.
- Remove as much air as possible; seal the bag and place in the refrigerator for at least 3 days, turning the bag occasionally. Use within 2 weeks or remove from the pork from the brine and freeze.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:4.86, Inflammation Score:-4, Nutrition Score:24.136086745107%

Flavonoids

Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 11.44mg, Luteolin: 11.44mg, Luteolin: 11.44mg, Luteolin: 11.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 302.18kcal (15.11%), Fat: 12.16g (18.71%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.46g (3.44%), Sugar: 6.74g (7.49%), Cholesterol: 102.06mg (34.02%), Sodium: 7371.43mg

(320.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.83%), Selenium: 60.36µg (86.23%), Vitamin B1: 1.01mg (67.34%), Vitamin B6: 0.99mg (49.43%), Zinc: 6.28mg (41.85%), Phosphorus: 410.18mg (41.02%), Vitamin B2: 0.68mg (40.23%), Vitamin B3: 7.82mg (39.1%), Manganese: 0.55mg (27.65%), Vitamin B5: 2.75mg (27.48%), Vitamin B12: 1.55µg (25.8%), Potassium: 714.61mg (20.42%), Iron: 3.55mg (19.72%), Magnesium: 71.24mg (17.81%), Copper: 0.29mg (14.36%), Calcium: 88.91mg (8.89%), Vitamin C: 6.92mg (8.39%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.72mg (4.78%), Fiber: 1.04g (4.15%), Folate: 9.68µg (2.42%)