



 **21%**  
HEALTH SCORE

## Pork Adobo

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

READY IN



**180 min.**

SERVINGS



**4**

CALORIES



**441 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 bay leaves
- 1 cup coconut or
- 8 cloves garlic crushed peeled
- 1 tablespoon cooking oil
- 3 pounds boston butt pork shoulder cut into 1 1/2 inch cubes
- 0.5 cup rice vinegar plus more to taste
- 0.5 cup soya sauce

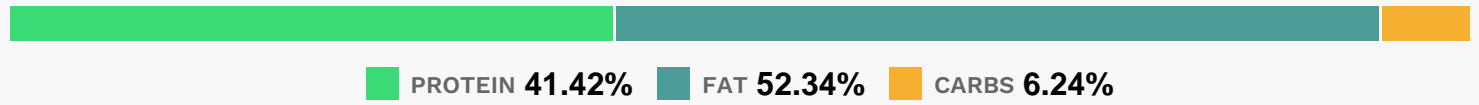
## Equipment

- frying pan
- measuring cup

## Directions

- Heat oil in a large straight-sided sauté pan on very high heat until oil begins to smoke. Sear pork in batches, leaving plenty of open space in the pan, until a light crust forms, about 1 to 2 minutes per side. When last batch of pork is seared, return all pork to pan and add soy sauce, vinegar, coconut milk, bay leaves, and garlic. Bring to a boil, then reduce to a bare simmer and cook, covered, for 2 1/2 to 3 hours, or until pork is very tender but not completely falling apart.
- Remove pork from pan and set aside. Strain sauce into a fat separator or measuring cup and skim off fat, reserving for another use. Return sauce to pan, add about 1 tablespoon of vinegar, and cook on medium high heat until sauce reduces to less than 1 cup. Return pork to thickened sauce and add salt and vinegar to taste.
- Serve with rice and chopped scallions for garnish.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:26.919130392697%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 441.26kcal (22.06%), Fat: 25.08g (38.59%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 4.54g (1.65%), Sugar: 1.81g (2.01%), Cholesterol: 139.04mg (46.35%), Sodium: 1783.33mg (77.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.67g (89.35%), Vitamin B1: 1.88mg (125.12%), Selenium: 64.48µg (92.12%), Vitamin B3: 10.17mg (50.85%), Vitamin B6: 1.01mg (50.31%), Phosphorus: 490.06mg (49.01%), Zinc: 6.94mg (46.25%), Vitamin B2: 0.71mg (41.57%), Manganese: 0.6mg (29.78%), Vitamin B12: 1.74µg (29.05%), Potassium: 865.54mg (24.73%), Iron: 3.86mg (21.46%), Vitamin B5: 1.91mg (19.11%), Copper: 0.35mg (17.39%), Magnesium: 63.52mg (15.88%), Fiber: 2.18g (8.74%), Folate: 21.16µg (5.29%), Vitamin C: 4.24mg (5.14%), Calcium: 51.26mg (5.13%), Vitamin E: 0.67mg (4.44%), Vitamin K: 2.64µg (2.51%)