

Pork and Prunes

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 teaspoons pepper black freshly ground
- 2 tablespoons butter
- 4 cups chicken broth
- 2 cloves garlic minced
- 2 tablespoons cup heavy whipping cream
- 2 teaspoons kosher salt
- 1 tablespoon olive oil

- 12 ounce prune- cut to pieces dried pitted
- 2 cups red wine
- 3.5 pounds pork stew meat boneless country-style cut into chunks

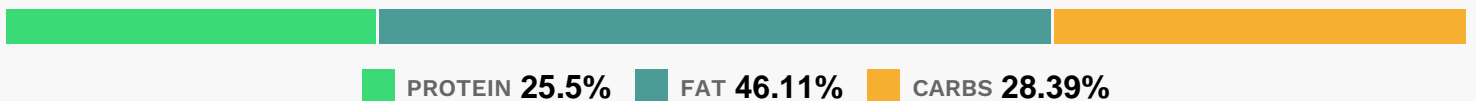
Equipment

- bowl
- dutch oven

Directions

- In a small bowl, combine the prunes and red wine; set aside. Toss the pork with the salt and pepper.
- Place the butter and olive oil in a large Dutch oven over medium-high heat. Sear the pork until brown, working in batches.
- Add the garlic, stirring well, and cook for 1 minute.
- Add the prunes and wine and bay leaves, stirring to combine. Reduce heat to medium-low and cook, covered, for 5 minutes. Stir in 2 cups of the broth, partially cover, and cook for 10 minutes, stirring occasionally. Uncover and add the remaining broth, stirring well. Reduce heat to simmer and cook 1 hour or until the pork is tender.
- Remove from heat. Stir in the brandy (if using) and half-and-half.
- Serve warm over thick slices of toast.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:7.37, Inflammation Score:-6, Nutrition Score:19.26826083401%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin:
0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg,
Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg
Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin:
0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:
0.06mg, Kaempferol: 0.06mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg
Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg Gallocatechin: 0.05mg, Gallocatechin:
0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 459.67kcal (22.98%), Fat: 21.62g (33.26%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 29.95g
(9.98%), Net Carbohydrates: 26.78g (9.74%), Sugar: 17.2g (19.11%), Cholesterol: 109.57mg (36.52%), Sodium:
1125.6mg (48.94%), Alcohol: 6.36g (100%), Alcohol %: 2.23% (100%), Protein: 26.91g (53.81%), Selenium: 42.66µg
(60.95%), Vitamin B6: 0.83mg (41.46%), Vitamin B1: 0.54mg (35.74%), Phosphorus: 301.77mg (30.18%), Vitamin B2:
0.5mg (29.61%), Vitamin K: 27.79µg (26.47%), Zinc: 3.97mg (26.46%), Vitamin B3: 5.18mg (25.91%), Potassium:
833.14mg (23.8%), Vitamin B5: 2.31mg (23.08%), Vitamin B12: 1.33µg (22.09%), Manganese: 0.35mg (17.72%),
Magnesium: 54.32mg (13.58%), Copper: 0.25mg (12.71%), Fiber: 3.17g (12.67%), Iron: 1.94mg (10.79%), Vitamin A:
492.92IU (9.86%), Vitamin D: 0.96µg (6.42%), Calcium: 63.64mg (6.36%), Vitamin E: 0.9mg (6%)