



Pork Backbone and Rice

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork loin boneless cut into 1 1/2-inch cubes
- 1 teaspoon pepper
- 2 pounds pork backbones
- 2 cups rice uncooked
- 1.5 teaspoons salt
- 6 cups water

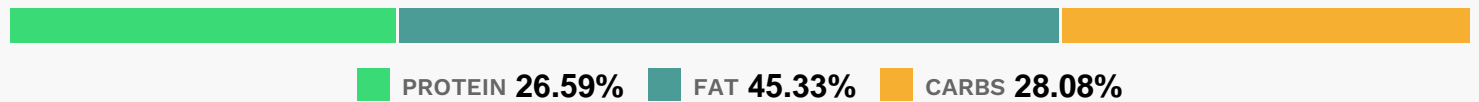
Equipment

- dutch oven

Directions

- Bring first 5 ingredients to a boil in a Dutch oven over medium-high heat. Cover, reduce heat to low, and simmer, stirring occasionally, 1 1/2 hours or until meat is tender.
- Stir in rice; cover and cook over low heat 20 to 25 minutes or until rice is done. (Do not stir.) Fluff rice with a fork, and serve.
- Note: Pork backbones are also sold as "country-style ribs."

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:22.29, Inflammation Score:-2, Nutrition Score:19.610434778359%

Nutrients (% of daily need)

Calories: 542.52kcal (27.13%), Fat: 26.64g (40.99%), Saturated Fat: 9.72g (60.74%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 36.47g (13.26%), Sugar: 0.06g (0.06%), Cholesterol: 117.37mg (39.12%), Sodium: 538.55mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.16g (70.32%), Vitamin B1: 1.11mg (74.26%), Selenium: 50.6µg (72.28%), Vitamin B6: 0.94mg (46.95%), Vitamin B3: 8.92mg (44.6%), Phosphorus: 379.6mg (37.96%), Manganese: 0.55mg (27.58%), Zinc: 4.04mg (26.94%), Vitamin B2: 0.4mg (23.27%), Vitamin B12: 1.08µg (18.05%), Potassium: 594.11mg (16.97%), Vitamin B5: 1.65mg (16.52%), Magnesium: 50.06mg (12.52%), Copper: 0.22mg (10.89%), Iron: 1.7mg (9.46%), Calcium: 38.36mg (3.84%), Fiber: 0.66g (2.66%), Folate: 9.41µg (2.35%), Vitamin D: 0.23µg (1.51%)