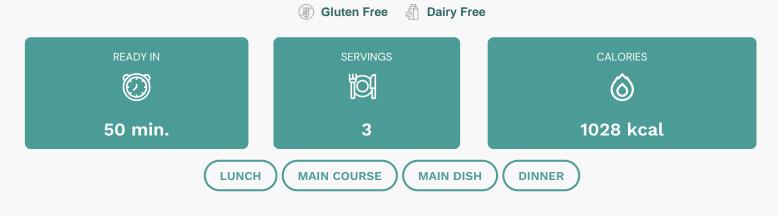


Pork Belly and Preserved Lemon Stew

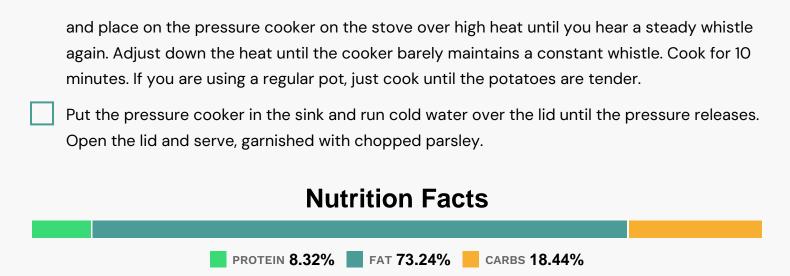


Ingredients

3 servings pepper black to taste

3
1 tablespoon brown sugar
400 grams canned tomatoes whole (400 gram/14 ounce can)
1 leaf flat parsley for garnish
24 grams ginger fresh grated (- 1-inch)
3 cloves garlic grated
150 grams onion sliced thin (- 1 medium onion)
16 ounces pork belly

	14 ounces potatoes cut into large chunks	
	2 tablespoons simple preserved lemons roughly chopped	
	1 teaspoon salt	
	0.8 cup sauvignon blanc white wine dry white	
	1 tablespoons soya sauce	
Equipment		
	bowl	
	frying pan	
	pot	
	stove	
	pressure cooker	
Directions		
	Cut the pork belly into 2-inch cubes.	
H	Heat a pressure cooker over medium-high heat until hot.	
	Add the pork belly fat-side down and allow it to brown before flipping over and browning the second side.	
	Transfer to a bowl.	
	Add the ginger and garlic and saute until browned and very fragrant. It will stick to the bottom of the pan, which is desirable, but be sure not to let it get black.	
	Add the onions and saute until they are translucent and starting to brown.	
	Add the white wine, and bring to a boil, scraping the browned bits off the bottom of the pot.	
	Add the tomato puree, brown sugar, soy sauce, salt pepper and preserved lemons.	
	Put the lid on the pressure cooker, lock it into place and set the pressure to high.	
	Let the pressure cooker come up to full pressure (steady whistle) over high heat, and then adjust the temperature down until the cooker barely maintains a constant whistle. Cook for 20 minutes. If you are using a regular pot, cook loosely covered with a lid for 1 hour.	
	Put the pressure cooker in the sink and run cold water over the lid until the pressure releases. Once you're sure the pressure has released, open the lid and add the potatoes. Close the lid	



Properties

Glycemic Index:90.92, Glycemic Load:21.21, Inflammation Score:-7, Nutrition Score:24.530869712%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg

Nutrients (% of daily need)

Calories: 1028.43kcal (51.42%), Fat: 80.81g (124.32%), Saturated Fat: 29.37g (183.54%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 38.87g (14.13%), Sugar: 13.49g (14.98%), Cholesterol: 108.86mg (36.29%), Sodium: 1347.52mg (58.59%), Alcohol: 6.2g (100%), Alcohol %: 1.4% (100%), Protein: 20.66g (41.33%), Vitamin B1: 0.84mg (55.97%), Vitamin C: 44.26mg (53.65%), Vitamin B3: 10.44mg (52.18%), Vitamin B6: 0.91mg (45.55%), Potassium: 1366.96mg (39.06%), Manganese: 0.64mg (31.81%), Phosphorus: 311.49mg (31.15%), Vitamin B2: 0.51mg (29.81%), Fiber: 7.06g (28.26%), Copper: 0.52mg (26.22%), Iron: 3.96mg (22.02%), Vitamin B12: 1.27µg (21.17%), Selenium: 14.13µg (20.18%), Magnesium: 75.45mg (18.86%), Zinc: 2.47mg (16.44%), Vitamin E: 2.31mg (15.38%), Vitamin K: 15.47µg (14.73%), Folate: 52.13µg (13.03%), Vitamin B5: 1.28mg (12.76%), Calcium: 92.88mg (9.29%), Vitamin A: 334.33IU (6.69%)