



Pork Belly and Preserved Lemon Stew



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



1028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings pepper black to taste
- ☐ 1 tablespoon brown sugar
- ☐ 400 grams canned tomatoes whole (400 gram/14 ounce can)
- ☐ 1 leaf flat parsley for garnish
- ☐ 24 grams ginger grated fresh (- 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
- ☐ 0.8 cup sauvignon blanc white wine dry white
- ☐ 1 tablespoons soya sauce
- ☐ 1 teaspoons frangelico
- ☐ 1 teaspoons frangelico

Equipment

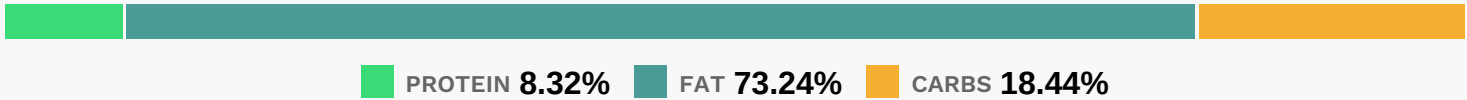
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove
- ☐ pressure cooker

Directions

- ☐ Cut the pork belly into 2-inch cubes.
- ☐ 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 and place on the pressure cooker on the stove over high heat until you hear a steady whistle again. Adjust down the heat until the cooker barely maintains a constant whistle. Cook for 10 minutes. If you are using a regular pot, just cook until the potatoes are tender.
- ☐
- Put the pressure cooker in the sink and run cold water over the lid until the pressure releases. Open the lid and serve, garnished with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:90.92, Glycemic Load:21.21, Inflammation Score:-7, Nutrition Score:24.520434814951%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.4mg, 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: 572.36mg (24.89%), Alcohol: 6.2g (100%), Alcohol %: 1.41% (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: 1366.8mg (39.05%), Manganese: 0.63mg (31.71%), Phosphorus: 311.49mg (31.15%), Vitamin B2: 0.51mg (29.81%), Fiber: 7.06g (28.26%), Copper: 0.52mg (26.19%), Iron: 3.96mg (21.98%), Vitamin B12: 1.27µg (21.17%), Selenium: 14.13µg (20.18%), Magnesium: 75.43mg (18.86%), Zinc: 2.46mg (16.43%), Vitamin E: 2.31mg (15.38%), Vitamin K: 15.47µg (14.73%), Folate: 52.13µg (13.03%), Vitamin B5: 1.28mg (12.76%), Calcium: 92.4mg (9.24%), Vitamin A: 334.33IU (6.69%)