

Pork Braised in Milk and Cream

 Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound pork loin boneless
- 2 tablespoon butter divided
- 1 cup cup heavy whipping cream
- 4 servings kosher salt black
- 2 lemon zest
- 0.5 cup milk
- 1 tablespoon olive oil
- 10 sage thinly sliced

Equipment

- frying pan
- pot

Directions

- Combine 1 tablespoon butter and olive oil over medium high heat and season pork loin on all sides with salt. When butter foam has subsided, add pork loin and brown on all sides, about 3 minutes per side.
- Remove pork and pour out excess butter.
- Place pan back on heat and add remaining butter and sage leaves; cook for about 4 minutes, or until sage is fragrant.
- Add lemon zest and return pork loin to pot.
- Pour milk and cream over pork and bring to a simmer; once pork has simmered, turn heat down to medium low and cover loosely with lid.
- Simmer partially covered over low heat for 4 hours, turning roast every 30 minutes. At the end of 4 hours remove lid; the remaining sauce should be thick, and beginning to look curdled. Cook an additional 30 minutes, uncovered, keeping a close eye on the sauce; it will begin to take on a beige color. Once sauce has thickened, remove roast and let sit for 10 minutes. Season the sauce to taste with salt and pepper and serve with spätzle, or egg noodles and some sautéed leeks.

Nutrition Facts

PROTEIN 35.93% **FAT 61.64%** **CARBS 2.43%**

Properties

Glycemic Index:22, Glycemic Load:0.54, Inflammation Score:0, Nutrition Score:27.125217639882%

Nutrients (% of daily need)

Calories: 602.66kcal (30.13%), Fat: 40.85g (62.85%), Saturated Fat: 21.17g (132.3%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.29g (1.2%), Sugar: 3.33g (3.7%), Cholesterol: 228.83mg (76.28%), Sodium: 377.84mg (16.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.58g (107.16%), Selenium: 65.28µg (93.26%), Vitamin B6: 1.76mg (87.86%), Vitamin B1: 1.04mg (69.08%), Vitamin B3: 13.11mg (65.57%), Phosphorus: 577.68mg

(57.77%), Vitamin B2: 0.58mg (34.29%), Zinc: 4.37mg (29.11%), Potassium: 957.48mg (27.36%), Vitamin B12: 1.43µg (23.81%), Copper: 0.45mg (22.44%), Vitamin A: 1100.49IU (22.01%), Vitamin B5: 1.97mg (19.72%), Magnesium: 67.56mg (16.89%), Vitamin D: 2.19µg (14.63%), Vitamin E: 1.53mg (10.21%), Calcium: 94.64mg (9.46%), Iron: 1.34mg (7.46%), Vitamin C: 4.23mg (5.12%), Vitamin K: 4.59µg (4.37%), Manganese: 0.03mg (1.41%), Fiber: 0.33g (1.3%)