



 **84%**
HEALTH SCORE

Pork Butt Roast with Vegetables

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



260 min.

SERVINGS



8

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 carrots peeled
- 8 servings garlic powder to taste
- 2 cups mushrooms halved
- 20 baby potatoes raw
- 2 onion sliced
- 6 pounds pork butt
- 8 servings salt and pepper to taste

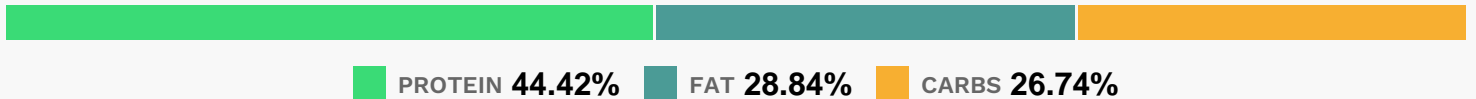
Equipment

- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a large frying pan over medium high heat.
- Sprinkle pork on all sides with salt, pepper and garlic powder; rub into meat. Sear the meat on all sides until lightly brown.
- Transfer to a roasting pan.
- Place onion slices over meat and in the roasting pan. Fill the pan 2/3 full of water. Cover and place in preheated oven for 3 hours.
- Add the potatoes and carrots; cover and cook 45 minutes.
- Add the mushrooms and cook another 15 minutes.
- Remove and let stand at least 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:22.61, Inflammation Score:-10, Nutrition Score:52.13913063381%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 633.09kcal (31.65%), Fat: 19.97g (30.73%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 34.2g (12.44%), Sugar: 8.59g (9.54%), Cholesterol: 204.12mg (68.04%), Sodium: 511.6mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.22g (138.44%), Vitamin A: 20384.67IU (407.69%), Vitamin B1: 2.14mg (142.4%), Selenium: 99.56µg (142.23%), Vitamin B6: 2.46mg (123.07%), Vitamin B3: 18.52mg (92.61%), Vitamin B2: 1.53mg (90%), Phosphorus: 850.73mg (85.07%), Zinc: 12.39mg (82.61%), Potassium:

2285.36mg (65.3%), Vitamin B5: 6.49mg (64.94%), Vitamin B12: 3.11µg (51.76%), Vitamin C: 37.35mg (45.28%),
Copper: 0.66mg (32.81%), Iron: 5.89mg (32.72%), Magnesium: 128.91mg (32.23%), Fiber: 7.47g (29.89%),
Manganese: 0.51mg (25.48%), Vitamin K: 18.89µg (17.99%), Folate: 56.29µg (14.07%), Vitamin D: 2.09µg (13.93%),
Calcium: 114.22mg (11.42%), Vitamin E: 1.66mg (11.09%)