



Pork-Oulet

 Dairy Free

READY IN



345 min.

SERVINGS



10

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon thick cut cut into 1/2-inch pieces
- ☐ 2 bay leaves
- ☐ 4 chicken thighs bone-in
- ☐ 60 ounce .5 can cannellini beans drained canned
- ☐ 1 cup carrots diced
- ☐ 0.5 cup celery diced
- ☐ 1 cup cipollini onions peeled quartered
- ☐ 0.5 teaspoon sage dried

- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup garlic roughly chopped
- ☐ 3 cups chicken stock see low-sodium
- ☐ 0.3 cup parsley leaves italian chopped for garnish
- ☐ 3 teaspoons freshly cracked pepper black
- ☐ 3 pounds pork butt cut into 2-inch by 3-inch pieces
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sherry wine vinegar for garnish

Equipment

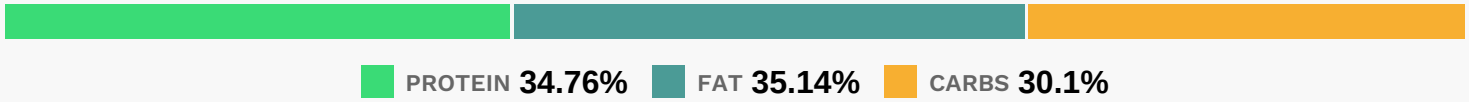
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a cast iron Dutch oven, over medium-high heat, add the bacon and cook until just crisp.
- ☐ Remove from the pot and set aside on a paper towel lined plate. Season the pork and the chicken with salt and pepper.
- ☐ Add the pork pieces to the bacon fat and brown on all sides.
- ☐ Remove from pot and set aside on a large plate.
- ☐ Add the chicken thighs to the pan and brown evenly, then remove and add to the plate with the pork.
- ☐ Add the cipollini onions, carrots and celery into the pot and cook for 3 to 5 minutes. Stir in the garlic and cook for 1 minute more.
- ☐ Whisk in the flour and cook for 2 minutes, then add in the stock, bay leaves, thyme and sage and combine well.

- ☐
- Put the pork and chicken pieces into the sauce and cover. Reduce the heat and simmer until the meat is fork tender, about 2 hours.
- ☐
- Add in the cannellini beans and cover and simmer for 25 minutes.
- ☐
- Transfer to a serving platter and serve hot with a drizzle of the sherry wine vinegar and a sprinkle of the parsley.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:11.21, Inflammation Score:-9, Nutrition Score:38.256956349248%

Flavonoids

Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg, Isorhamnetin: 1.19mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 590.94kcal (29.55%), Fat: 22.93g (35.28%), Saturated Fat: 7.11g (44.42%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 34.82g (12.66%), Sugar: 2.32g (2.58%), Cholesterol: 145.77mg (48.59%), Sodium: 718.81mg (31.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.05g (102.11%), Selenium: 55.62µg (79.45%), Vitamin B1: 1.04mg (69.6%), Vitamin B6: 1.17mg (58.46%), Phosphorus: 581.27mg (58.13%), Manganese: 1.12mg (56.15%), Vitamin B3: 10.63mg (53.15%), Zinc: 7.57mg (50.47%), Vitamin A: 2346.08IU (46.92%), Potassium: 1559.73mg (44.56%), Iron: 7.88mg (43.76%), Vitamin B2: 0.73mg (42.75%), Fiber: 9.38g (37.54%), Vitamin K: 36.86µg (35.1%), Magnesium: 137.83mg (34.46%), Copper: 0.65mg (32.3%), Vitamin B5: 3.22mg (32.18%), Folate: 127.97µg (31.99%), Vitamin B12: 1.74µg (28.93%), Calcium: 176.94mg (17.69%), Vitamin E: 1.97mg (13.15%), Vitamin C: 5.81mg (7.04%), Vitamin D: 0.92µg (6.13%)