



Pork Shoulder Braised in Milk

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 8 cups brown rice hot cooked
- 0.5 teaspoon rubbed sage dried
- 0.5 teaspoon thyme leaves dried
- 4 sage leaves fresh
- 1 tablespoon garlic fresh minced
- 2 tablespoons juice of lemon fresh

- 10 lemon rind
- 3 pound pork shoulder roast boneless (Boston butt)
- 1 teaspoon salt
- 1 thyme sprig
- 4 cups milk whole

Equipment

- frying pan
- oven
- stove
- dutch oven
- kitchen twine

Directions

- Preheat oven to 32
- Unroll the pork; trim and discard fat. Reroll the pork; secure at 2-inch intervals with twine.
- Combine salt, dried sage, dried thyme, and pepper; rub salt mixture over pork.
- Heat a Dutch oven coated with cooking spray over medium-high heat.
- Add pork, and cook 7 minutes, browning on all sides.
- Remove pork from pan.
- Add garlic to pan, and saut 30 seconds.
- Add milk and the next 5 ingredients (milk through lemon rind); bring to a boil, stirring frequently. Return pork to pan. Cover and bake at 325 for 45 minutes. Uncover. Turn pork; bake, uncovered, at 325 for 45 minutes. Turn pork; bake an additional 30 minutes or until pork is fork-tender.
- Remove from pan; cover and keep warm.
- Place pan on stovetop over medium-high heat, and bring milk mixture to a boil. Cook until mixture is reduced to 2 cups (about 20 minutes), stirring frequently. Discard the lemon rind, sage leaves, bay leaves, thyme sprig, and twine.
- Cut pork into 1/2-inch slices; serve with sauce and rice.

Nutrition Facts

PROTEIN 37.33% FAT 20.26% CARBS 42.41%

Properties

Glycemic Index:19.72, Glycemic Load:19.5, Inflammation Score:-6, Nutrition Score:29.144782963006%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 411.36kcal (20.57%), Fat: 9.09g (13.98%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 39.27g (14.28%), Sugar: 5.03g (5.59%), Cholesterol: 93.36mg (31.12%), Sodium: 345.27mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.67g (75.33%), Manganese: 1.77mg (88.52%), Vitamin B3: 15.28mg (76.41%), Vitamin B1: 1.1mg (73.19%), Vitamin B6: 1.3mg (64.87%), Phosphorus: 532.9mg (53.29%), Selenium: 37.13µg (53.04%), Vitamin B2: 0.79mg (46.66%), Magnesium: 117.53mg (29.38%), Vitamin B12: 1.71µg (28.52%), Zinc: 4.05mg (27.03%), Vitamin B5: 2.34mg (23.41%), Potassium: 802.53mg (22.93%), Calcium: 157.13mg (15.71%), Copper: 0.29mg (14.55%), Fiber: 3.54g (14.14%), Iron: 2.2mg (12.25%), Vitamin C: 9.35mg (11.33%), Vitamin D: 1.07µg (7.16%), Vitamin A: 170.09IU (3.4%), Folate: 7.89µg (1.97%), Vitamin K: 1.41µg (1.35%), Vitamin E: 0.18mg (1.22%)