



Roast Pork and Taro

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth
- 2 lb fat-trimmed
- 2 tablespoons ginger fresh chopped
- 0.5 lb onion peeled chopped
- 6 servings salt
- 4 cups spinach leaves washed chopped
- 1.3 pounds taro (2 to 3 in. long; see notes)

Equipment

- frying pan
- oven
- knife

Directions

- In a 4- to 5-quart ovenproof pan over high heat, bring 2 quarts water to a boil.
- Add taro and cook 5 minutes.
- Drain and let cool. With a knife, peel taro and cut away any bruised or decayed spots.
- Cut taro into 1-inch chunks. Rinse pan.
- Rinse pork and set, fatty side up, in pan.
- Add taro, onion, ginger, and broth.
- Cover and bake in a 375 oven until meat is very tender when pierced, about 2 1/2 hours. Uncover and stir spinach into juices.
- Bake until meat is lightly browned, about 30 minutes more. Then broil about 8 inches from heat until meat is richly browned, about 5 minutes longer.
- Cut strings from pork, slice meat (it tends to tear apart), and serve with taro mixture and juices.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:13.72, Inflammation Score:-9, Nutrition Score:32.368260756783%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 340.17kcal (17.01%), Fat: 9.15g (14.08%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.25g (9.55%), Sugar: 2.13g (2.37%), Cholesterol: 90.72mg (30.24%), Sodium: 618.62mg (26.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.78g (63.57%), Vitamin K: 97.79µg (93.14%), Vitamin B1: 0.97mg (64.39%), Selenium: 44.36µg (63.37%), Vitamin B6: 1.14mg (57.14%), Phosphorus: 422.42mg (42.24%), Vitamin B3: 8.04mg (40.21%), Vitamin B2: 0.67mg (39.46%), Vitamin A: 1947.97IU (38.96%), Potassium: 1332.33mg (38.07%), Zinc: 5.5mg (36.63%), Manganese: 0.62mg (31.18%), Vitamin B5: 2.74mg (27.36%), Vitamin B12: 1.43µg (23.86%), Magnesium: 88.53mg (22.13%), Vitamin E: 3.2mg (21.34%), Fiber: 5.29g (21.15%), Copper: 0.38mg (18.76%), Iron: 3.14mg (17.47%), Folate: 66.74µg (16.68%), Vitamin C: 12.41mg (15.04%), Calcium: 98.42mg (9.84%), Vitamin D: 0.91µg (6.05%)