



 **63%**
HEALTH SCORE

Savory Braised-Pork Supper

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

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 2 cups carrots 1-inch-thick sliced ()
- 0.5 teaspoon rubbed sage dried
- 0.5 teaspoon thyme dried
- 0.5 teaspoon ground mustard dry
- 16 ounce fat-skimmed beef broth fat-free canned
- 4 garlic clove minced
- 2 teaspoons paprika sweet

- 2.5 cups leek thinly sliced (2 large)
- 3 pound pork butt
- 2 pounds potatoes – remove skin red quartered
- 0.8 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- frying pan
- pressure cooker

Directions

- Trim fat from pork.
- Combine paprika and next 5 ingredients (paprika through mustard); rub pork with paprika mixture.
- Heat oil in a 6–quart pressure cooker coated with cooking spray over medium–high heat.
- Add pork; brown on all sides.
- Remove from pan; set aside.
- Add leek and garlic to pan; saut 2 minutes.
- Add broth; bring to a simmer. Return pork to pan; spoon leek mixture over pork. Close lid securely; bring to high pressure over high heat (about 3 minutes). Adjust heat to medium or level needed to maintain high pressure; cook 45 minutes.
- Remove from heat; place pressure cooker under cold running water.
- Remove lid; stir in potatoes and carrot. Close lid securely; bring to high pressure over high heat. Adjust heat to medium or level needed to maintain high pressure; cook 15 minutes.
- Place cooker under cold running water.
- Remove lid; remove vegetables and pork from pan.
- Cut pork into 1/4–inch–thick slices; discard the bone.

Nutrition Facts



■ PROTEIN 39.93% ■ FAT 30.48% ■ CARBS 29.59%

Properties

Glycemic Index:25.97, Glycemic Load:3.07, Inflammation Score:-10, Nutrition Score:42.253912884256%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 475.18kcal (23.76%), Fat: 15.94g (24.53%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 29.99g (10.91%), Sugar: 5.64g (6.26%), Cholesterol: 136.08mg (45.36%), Sodium: 812.3mg (35.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.01g (94.01%), Vitamin A: 8090.73IU (161.81%), Vitamin B1: 1.45mg (96.81%), Selenium: 67.48µg (96.4%), Vitamin B6: 1.64mg (81.79%), Vitamin B3: 12.77mg (63.87%), Phosphorus: 593.82mg (59.38%), Vitamin B2: 0.98mg (57.72%), Zinc: 8.35mg (55.69%), Potassium: 1712.46mg (48.93%), Vitamin B5: 4.27mg (42.7%), Vitamin B12: 2.21µg (36.92%), Vitamin K: 34.31µg (32.68%), Manganese: 0.59mg (29.43%), Iron: 5.17mg (28.72%), Copper: 0.53mg (26.46%), Magnesium: 102.52mg (25.63%), Vitamin C: 20.66mg (25.04%), Fiber: 4.85g (19.38%), Folate: 60.78µg (15.19%), Vitamin E: 1.58mg (10.55%), Calcium: 94.81mg (9.48%), Vitamin D: 1.36µg (9.07%)