



HEALTH SCORE

83%

Slow-cooked pork & red cabbage



Gluten Free



Dairy Free



Very Healthy

READY IN



155 min.

SERVINGS



6

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg boston butt pork shoulder
- ☐ 1 tsp peppercorns black
- ☐ 1 tbsp thyme leaves
- ☐ 3 tbsp olive oil
- ☐ 2 onion chopped
- ☐ 1.5 kg cabbage shredded red finely
- ☐ 2 apples cored peeled cut into eighths
- ☐ 425 ml red wine

- ☐ 200 g honey
- ☐ 2 tbsp jam

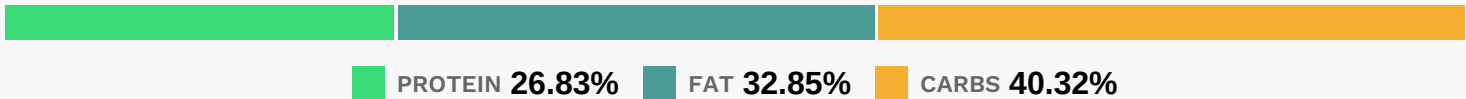
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Cut the pork into thick slices, about 3cm thick. Coarsely crush the peppercorns and sprinkle over the pork along with the thyme and some salt and pepper.
- ☐ Heat 2 tbsp oil in a large flameproof casserole, then add the onions and fry until lightly browned.
- ☐ Add the cabbage and stir well, then add the apples and wine and cook until the cabbage starts to soften. Finally, add the chestnuts, 1 tbsp of the jelly, salt and pepper, and bring to the boil. Cover and simmer for 5 mins.
- ☐ Meanwhile, heat 1 tbsp of the oil in a frying pan, add the pork and fry on both sides until browned, then stir in the remaining tbsp of the jelly. Cook for a few mins until the pork is deeply browned and glistening. Arrange the pork over the cabbage.
- ☐ Pour a little boiling water into the frying pan, stir well to lift up all the pan juices, then pour over the pork.
- ☐ Cover the pan tightly, then cook in the oven for 1-1 hrs until the pork is very tender.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:18.05, Inflammation Score:-10, Nutrition Score:40.967826428621%

Flavonoids

Cyanidin: 525.66mg, Cyanidin: 525.66mg, Cyanidin: 525.66mg, Cyanidin: 525.66mg Petunidin: 1.42mg, Petunidin: 1.42mg, Petunidin: 1.42mg Delphinidin: 1.69mg, Delphinidin: 1.69mg, Delphinidin: 1.69mg,

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Nutrients (% of daily need)

Calories: 559.26kcal (27.96%), Fat: 18.89g (29.07%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 44.42g (16.15%), Sugar: 21.12g (23.47%), Cholesterol: 102.18mg (34.06%), Sodium: 191.54mg (8.33%), Alcohol: 7.62g (100%), Alcohol %: 1.56% (100%), Protein: 34.71g (69.42%), Vitamin C: 165.08mg (200.1%), Vitamin B1: 1.59mg (105.95%), Vitamin K: 102.68µg (97.79%), Vitamin B6: 1.39mg (69.5%), Selenium: 46.98µg (67.12%), Vitamin A: 2902.19IU (58.04%), Manganese: 1.02mg (50.87%), Potassium: 1520.61mg (43.45%), Phosphorus: 433.21mg (43.32%), Vitamin B2: 0.72mg (42.15%), Vitamin B3: 8.22mg (41.11%), Zinc: 5.72mg (38.15%), Fiber: 7.75g (31.01%), Iron: 5mg (27.78%), Magnesium: 100.73mg (25.18%), Vitamin B12: 1.28µg (21.35%), Folate: 82.85µg (20.71%), Copper: 0.39mg (19.56%), Vitamin B5: 1.9mg (19%), Calcium: 167.38mg (16.74%), Vitamin E: 1.42mg (9.43%)