



HEALTH SCORE

62%

Slow-Cooked Tuscan Pork with White Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2.5 pounds boston butt pork shoulder boneless trimmed (Boston butt)
- ☐ 2 cups navy beans dried
- ☐ 1 teaspoon ground fennel seeds
- ☐ 1 tablespoon sage fresh divided minced
- ☐ 8 garlic cloves divided minced
- ☐ 2 teaspoons kosher salt divided
- ☐ 4 cups water

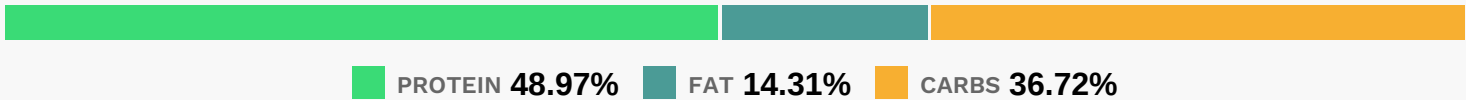
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Sort and wash navy beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand for 8 hours.
- ☐ Drain the beans.
- ☐ Preheat oven to 27
- ☐ Combine 2 teaspoons sage, 1 teaspoon salt, 1 teaspoon ground fennel seeds, and 3 minced garlic cloves. Rub sage mixture over pork.
- ☐ Place pork, navy beans, remaining 1 teaspoon sage, remaining 1 teaspoon salt, remaining 5 minced garlic cloves, 4 cups water, and bay leaves in Dutch oven, and bring to a boil. Cover and bake at 275 for 4 hours or until pork is very tender. Discard bay leaves. Pull pork apart into chunks, and serve with bean mixture.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:37.0204347466%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 361.76kcal (18.09%), Fat: 5.69g (8.76%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 19.95g (7.25%), Sugar: 2.05g (2.28%), Cholesterol: 85.05mg (28.35%), Sodium: 667.2mg (29.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.83g (87.65%), Copper: 2.85mg (142.29%), Manganese: 1.85mg (92.4%), Vitamin B1: 1.33mg (88.37%), Vitamin B3: 14.78mg (73.92%), Vitamin B6: 1.28mg (64.18%), Selenium: 42.72µg (61.03%), Phosphorus: 542.36mg (54.24%), Fiber: 12.91g (51.64%), Folate: 189.41µg (47.35%), Vitamin B2: 0.75mg (44.04%), Potassium: 1171.72mg (33.48%), Magnesium: 132.07mg (33.02%), Zinc:

4.73mg (31.56%), Iron: 4.31mg (23.96%), Vitamin B12: 1.23µg (20.55%), Vitamin B5: 1.8mg (17.97%), Calcium: 103.82mg (10.38%), Vitamin K: 1.35µg (1.29%), Vitamin C: 1mg (1.21%)