



 **79%**
HEALTH SCORE

Smothered Vinegar Pork Shoulder with Apples and Kale

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

READY IN



175 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apples peeled cut into 1/2-inch wedges
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon brown sugar
- 1 teaspoon canola oil
- 2 tablespoons cider vinegar
- 2 garlic cloves finely chopped
- 0.5 teaspoon ground allspice

- 2 teaspoons ground cumin
- 5 cups kale fresh chopped
- 0.5 teaspoon kosher salt
- 0.5 cup lower-sodium chicken broth fat-free
- 1 tablespoon olive oil divided
- 2.5 cups onion sliced
- 1.5 pound pork shoulder roast boneless trimmed (Boston butt)
- 0.3 cup rice vinegar

Equipment

- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 32
- Heat a Dutch oven over medium-high heat.
- Add 2 teaspoons olive oil to pan; swirl to coat.
- Sprinkle pork evenly with salt and pepper.
- Add pork to pan; cook 7 minutes, turning to brown on all sides.
- Remove pork from pan; keep warm.
- Add remaining 1 teaspoon olive oil to pan; swirl to coat.
- Add onion to pan; cook 5 minutes or until onion begins to brown, stirring occasionally.
- Add chicken broth and next 4 ingredients (through garlic) to pan; bring to a boil, scraping pan to loosen browned bits. Return pork to pan. Cover and bake at 325 for 1 1/2 hours.
- Add kale to pan; cover and bake at 325 for 30 minutes.
- Heat a large nonstick skillet over medium-high heat.
- Add canola oil; swirl to coat.
- Add apples; cook 3 minutes or until starting to soften.

Add vinegar and brown sugar; cook 1 minute or until sugar dissolves and liquid almost evaporates.

Serve apples with pork and kale mixture.

Nutrition Facts

PROTEIN 44.97% **FAT 27.44%** **CARBS 27.59%**

Properties

Glycemic Index:65.75, Glycemic Load:5.63, Inflammation Score:-10, Nutrition Score:35.606956813646%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 11.2mg, Isorhamnetin: 11.2mg, Isorhamnetin: 11.2mg, Isorhamnetin: 11.2mg Kaempferol: 13.07mg, Kaempferol: 13.07mg, Kaempferol: 13.07mg, Kaempferol: 13.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 29.9mg, Quercetin: 29.9mg, Quercetin: 29.9mg, Quercetin: 29.9mg

Nutrients (% of daily need)

Calories: 369.39kcal (18.47%), Fat: 11.19g (17.21%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 25.31g (8.44%), Net Carbohydrates: 20.13g (7.32%), Sugar: 14.96g (16.62%), Cholesterol: 102.06mg (34.02%), Sodium: 459.56mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.49%), Vitamin K: 107.88µg (102.74%), Vitamin B3: 16.91mg (84.54%), Vitamin B1: 1.2mg (79.86%), Vitamin B6: 1.45mg (72.41%), Selenium: 45µg (64.28%), Vitamin B2: 0.94mg (55.18%), Vitamin A: 2688.38IU (53.77%), Phosphorus: 452.01mg (45.2%), Vitamin C: 36.75mg (44.54%), Potassium: 1073.07mg (30.66%), Zinc: 3.7mg (24.67%), Vitamin B12: 1.48µg (24.66%), Manganese: 0.47mg (23.41%), Fiber: 5.18g (20.73%), Vitamin B5: 1.88mg (18.85%), Magnesium: 72.66mg (18.16%), Iron: 3.02mg (16.78%), Calcium: 123.8mg (12.38%), Copper: 0.23mg (11.26%), Folate: 38.27µg (9.57%), Vitamin E: 1.21mg (8.05%)