



Soy and Cola-Braised Pork Shoulder



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



10

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound boston butt pork shoulder bone-in trimmed (Boston butt)
- ☐ 2 cups coca-cola (such as Coca-Cola)
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic clove minced
- ☐ 1 cup spring onion diagonally sliced
- ☐ 0.5 cup hoisin sauce
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.3 cup soy sauce
- ☐ 0.3 cup rice vinegar

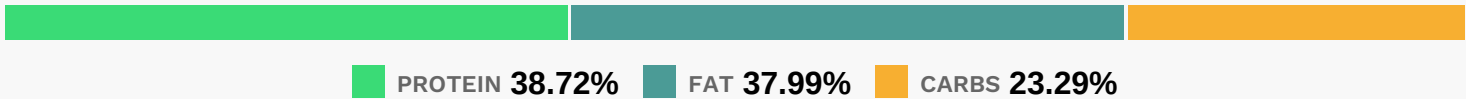
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 30
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan.
- ☐ Sprinkle pork evenly with salt.
- ☐ Add pork to pan; saut for 8 minutes, turning to brown all sides.
- ☐ Remove pork.
- ☐ Add ginger and garlic; saut for 1 minute, stirring constantly. Stir in cola and the next 3 ingredients (through soy sauce); bring to a boil. Return pork to pan; cover.
- ☐ Bake at 300 for 1 hour and 50 minutes or until tender, turning occasionally.
- ☐ Remove pork from pan, and let stand for 10 minutes. Shred pork with 2 forks. Skim fat from cooking liquid.
- ☐ Place pan over medium-high heat; bring cooking liquid to a boil. Cook 15 minutes or until reduced to about 2 cups, stirring occasionally.
- ☐ Combine pork and 3/4 cup sauce in a bowl; toss to coat. Top with green onions.
- ☐ Serve pork with remaining 1 1/4 cups sauce.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:3.12, Inflammation Score:-3, Nutrition Score:13.400869532772%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 213.75kcal (10.69%), Fat: 8.84g (13.6%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.46g (4.17%), Sugar: 8.28g (9.2%), Cholesterol: 65.3mg (21.77%), Sodium: 646.03mg (28.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.78mg (1.26%), Protein: 20.27g (40.54%), Vitamin B1: 0.87mg (57.82%), Selenium: 29.16µg (41.66%), Phosphorus: 222.18mg (22.22%), Vitamin B3: 4.44mg (22.2%), Vitamin B6: 0.44mg (22.14%), Zinc: 3.2mg (21.34%), Vitamin B2: 0.36mg (21.1%), Vitamin K: 20.98µg (19.98%), Vitamin B12: 0.81µg (13.56%), Potassium: 405.45mg (11.58%), Iron: 1.63mg (9.08%), Vitamin B5: 0.84mg (8.42%), Magnesium: 30.7mg (7.68%), Copper: 0.13mg (6.45%), Manganese: 0.12mg (5.8%), Folate: 17.32µg (4.33%), Vitamin C: 3.12mg (3.78%), Calcium: 30.75mg (3.08%), Fiber: 0.73g (2.92%), Vitamin A: 106.44IU (2.13%)