



Spanish Pork Braise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 3 ancho chiles dried stemmed halved seeded
- ☐ 31 ounce garbanzo beans drained canned (chickpeas)
- ☐ 28 ounce canned tomatoes coarsely chopped canned
- ☐ 2 large carrots chopped
- ☐ 0.5 pig's foot
- ☐ 1 tablespoon chili powder
- ☐ 1 cup medium-dry sherry

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 5 large garlic cloves chopped
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1.3 pounds ham shanks smoked
- ☐ 1 tablespoon hungarian paprika sweet spanish (pimentn dulce)
- ☐ 2 cups low-salt chicken broth
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion chopped
- ☐ 1 tablespoon orange peel grated
- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 15 inch thick pork shank pieces
- ☐ 4 pancetta thin (for garnish)
- ☐ 1 pinch of saffron threads
- ☐ 2 tablespoons tomato paste

Equipment

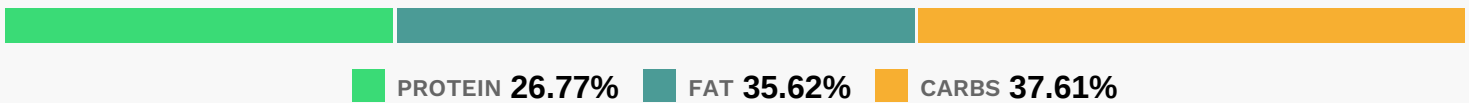
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 350°F.
- ☐ Sprinkle pork shanks and pig's foot, if using, with salt and pepper.
- ☐ Heat oil in heavy wide pot over medium-high heat. Working in batches, sauté shanks and foot until brown, about 12 minutes per batch; transfer to baking sheet.

- ☐ Add carrots, onion, garlic, and thyme to pot. Sauté until onion softens, about 5 minutes.
- ☐ Add coarsely chopped tomatoes with juice, broth, Sherry, chiles, tomato paste, chili powder, paprika, cumin, and coriander. Bring to boil, scraping up browned bits from pan bottom.
- ☐ Return shanks and foot, if using, to pot.
- ☐ Place smoked ham shanks in pot, arranging all in single layer. Return to boil. Cover pot and place in oven. Braise until pork shanks are tender, about 1 hour 40 minutes.
- ☐ Tilt pot; carefully spoon off all fat. Simmer pork uncovered over medium heat until sauce thickens to desired consistency, about 8 minutes. Season with salt and pepper. DO AHEAD: Pork can be made 1 day ahead. Cool about 30 minutes. Chill uncovered until cold, then cover and keep chilled. Rewarm over medium heat before continuing.
- ☐ Heat oil in medium skillet over medium-low heat.
- ☐ Add beans, garlic, and saffron. Sauté until heated through, about 5 minutes.
- ☐ Mix in chopped prosciutto.
- ☐ Sprinkle beans with salt and pepper.
- ☐ Mix parsley, almonds, and orange peel in small bowl for gremolata.
- ☐ Place 1 pork shank on each of 6 plates. Spoon sauce around. Spoon garbanzo beans around shanks.
- ☐ Sprinkle with some of gremolata. Drape prosciutto strips over shanks.
- ☐ Serve, passing remaining gremolata.

Nutrition Facts



Properties

Glycemic Index:68.53, Glycemic Load:7.62, Inflammation Score:-10, Nutrition Score:32.252173644045%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg, Isorhamnetin: 1.41mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 477.4kcal (23.87%), Fat: 18.74g (28.84%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 29.5g (10.73%), Sugar: 11.16g (12.39%), Cholesterol: 55.03mg (18.34%), Sodium: 1724.31mg (74.97%), Alcohol: 4.12g (100%), Alcohol %: 0.87% (100%), Protein: 31.69g (63.38%), Vitamin A: 10002.55IU (200.05%), Manganese: 1.76mg (87.8%), Vitamin K: 69.22µg (65.92%), Fiber: 15.02g (60.09%), Vitamin B6: 1.09mg (54.73%), Phosphorus: 488.42mg (48.84%), Iron: 6.38mg (35.42%), Potassium: 1234.75mg (35.28%), Copper: 0.7mg (34.92%), Magnesium: 126.54mg (31.63%), Vitamin E: 4.08mg (27.21%), Vitamin B2: 0.43mg (25.42%), Zinc: 3.81mg (25.39%), Vitamin B3: 4.49mg (22.45%), Vitamin C: 17.71mg (21.47%), Folate: 66.26µg (16.56%), Calcium: 140.95mg (14.09%), Vitamin B1: 0.18mg (11.81%), Selenium: 7.67µg (10.96%), Vitamin B5: 0.9mg (9.03%), Vitamin B12: 0.15µg (2.48%)