



Spanish Pork with White Wine



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups chicken stock see
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon olive oil
- ☐ 1.3 pounds loin pork roast boneless
- ☐ 4 servings salt and pepper to taste
- ☐ 1.3 cups white wine

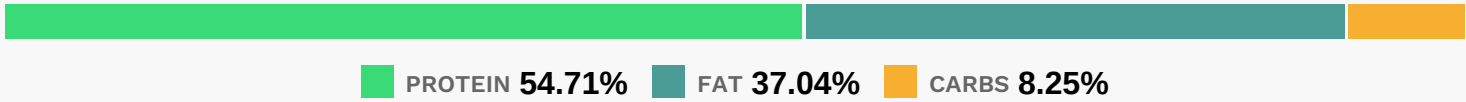
Equipment

- ☐ frying pan

Directions

- ☐ Chop up the garlic and rub it into the pork; rub in some salt to taste.
- ☐ Heat oil in a large skillet and brown the pork.
- ☐ Add the pepper to taste, wine and stock and bring all to a boil.
- ☐ Reduce heat to low, cover skillet and let simmer for 50 to 55 minutes or until internal temperature of pork has reached 145 degrees F (63 degrees C).
- ☐ Cut pork into bite size pieces and serve it in the cooking liquids.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:16.124347828815%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 308.78kcal (15.44%), Fat: 10.16g (15.63%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 5.06g (1.84%), Sugar: 1.92g (2.13%), Cholesterol: 91.55mg (30.52%), Sodium: 374.57mg (16.29%), Alcohol: 7.72g (100%), Alcohol %: 3.29% (100%), Protein: 33.78g (67.55%), Selenium: 41.2µg (58.86%), Vitamin B6: 1.17mg (58.6%), Vitamin B3: 9.42mg (47.1%), Vitamin B1: 0.66mg (44.06%), Phosphorus: 354.98mg (35.5%), Vitamin B2: 0.34mg (20.1%), Potassium: 668.23mg (19.09%), Zinc: 2.76mg (18.43%), Vitamin B12: 0.72µg (12.05%), Magnesium: 47.73mg (11.93%), Vitamin B5: 1.1mg (10.99%), Copper: 0.13mg (6.52%), Iron: 1.17mg (6.51%), Manganese: 0.12mg (6.16%), Vitamin E: 0.71mg (4.75%), Vitamin D: 0.57µg (3.78%), Vitamin K: 2.58µg (2.46%), Calcium: 18.96mg (1.9%), Folate: 4.55µg (1.14%)