



Sticky lemon pork

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp flour plain
- ☐ 1 tbsp paprika
- ☐ 800 g boston butt pork shoulder diced
- ☐ 2 tbsp olive oil
- ☐ 2 rosemary
- ☐ 4 garlic clove chopped
- ☐ 2 bay leaves
- ☐ 300 ml wine

☐

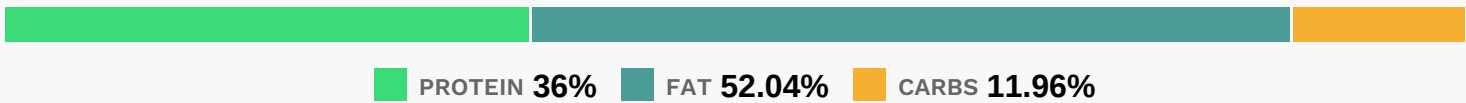
4 servings lemon zest peeled

Equipment

Directions

- ☐
- Tip the flour, paprika, salt and pepper into a food bag and toss in the pork until coated.
- ☐
- Heat the oil in a flameproof casserole and fry the pork until brown on all sides.
- ☐
- Add them rosemary, garlic and bay, then fry for 1 min more.
- ☐
- Pour in the wine and bring to the boil, scraping the bottom of the casserole. Lower to a simmer and throw in the lemon zest.
- ☐
- Cover the casserole, place on the lowest heat and simmer for 1 hr until the pork is tender.
- ☐
- Add a splash of water if the sauce becomes too thick. Just before serving, stir in the lemon juice and check the seasoning.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:3.74, Inflammation Score:-7, Nutrition Score:17.592608752458%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 334.98kcal (16.75%), Fat: 16.01g (24.63%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.42g (2.7%), Sugar: 0.96g (1.07%), Cholesterol: 81.74mg (27.25%), Sodium: 98.49mg (4.28%), Alcohol: 7.84g (100%), Alcohol %: 4.6% (100%), Protein: 24.93g (49.85%), Vitamin B1: 1.14mg (75.9%), Selenium: 38.51µg (55.02%), Vitamin B6: 0.62mg (31.12%), Vitamin B3: 5.82mg (29.12%), Phosphorus: 276.25mg (27.63%),

Zinc: 4.07mg (27.16%), Vitamin B2: 0.45mg (26.3%), Vitamin B12: 1.02µg (17.08%), Vitamin A: 849.66IU (16.99%), Potassium: 527.98mg (15.09%), Iron: 2.44mg (13.57%), Vitamin B5: 1.12mg (11.23%), Manganese: 0.22mg (11.21%), Vitamin E: 1.51mg (10.06%), Magnesium: 38.44mg (9.61%), Copper: 0.15mg (7.56%), Vitamin K: 5.95µg (5.67%), Folate: 18.35µg (4.59%), Calcium: 35.49mg (3.55%), Fiber: 0.86g (3.46%), Vitamin C: 2.24mg (2.71%)