



 **62%**
HEALTH SCORE

Succulent Braised Pork

 Dairy Free  Very Healthy

READY IN



235 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1.5 cups beef stock
- 1 carrots chopped
- 2 celery stalks chopped
- 2 tablespoons flour all-purpose
- 1 clove garlic roughly chopped
- 2 tablespoons olive oil
- 1 onion chopped

- 1 bunch parsley stems with string
- 2 pounds boston butt pork shoulder cut into 6 large chunks
- 1 cup red wine
- 4 servings salt and pepper black freshly ground
- 2 tablespoons tomato paste
- 1 cup water

Equipment

- frying pan
- paper towels
- oven
- whisk
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F. Pat the pork dry with paper towels and season with salt and pepper.
- In a large Dutch oven, heat the olive oil over medium-high heat, and working in batches brown the meat on all sides until a golden crust forms.
- Transfer the pork to a plate. To the pan add the onion, celery, and carrot and sweat until softened, 5 to 7 minutes.
- Add the garlic and sweat another 2 minutes. Stir in the tomato paste and cook for 3 minutes to cook off the raw flavor and caramelize it.
- Sprinkle with the flour and cook another 2 minutes to cook off its raw flavor.
- Whisk in the wine and reduce it by half. Return the pork to the Dutch oven, then stir in the beef stock, parsley stems, and bay leaves.
- Add the water if liquid does not come up to the top of the pork. Do not cover the pork with liquid. Cover the pan and place it in the oven to braise until the meat is fork tender, about 3 hours. Taste and season with more salt and pepper, if needed.

Transfer to a serving platter and serve.

Nutrition Facts

PROTEIN 37.4% **FAT 47.46%** **CARBS 15.14%**

Properties

Glycemic Index:83.71, Glycemic Load:4.12, Inflammation Score:-10, Nutrition Score:30.383477915888%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 30.85mg, Apigenin: 30.85mg, Apigenin: 30.85mg, Apigenin: 30.85mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 373.73kcal (18.69%), Fat: 17.22g (26.5%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.48g (3.81%), Sugar: 3.89g (4.32%), Cholesterol: 92.69mg (30.9%), Sodium: 373.48mg (16.24%), Alcohol: 6.36g (100%), Alcohol %: 1.89% (100%), Protein: 30.54g (61.08%), Vitamin K: 242.05µg (230.53%), Vitamin B1: 1.33mg (88.46%), Vitamin A: 3892.82IU (77.86%), Selenium: 43.99µg (62.85%), Vitamin B3: 7.68mg (38.42%), Vitamin B6: 0.76mg (37.78%), Phosphorus: 355.27mg (35.53%), Vitamin B2: 0.6mg (35.19%), Zinc: 4.91mg (32.76%), Vitamin C: 25.07mg (30.38%), Potassium: 977.36mg (27.92%), Iron: 3.69mg (20.52%), Vitamin B12: 1.16µg (19.37%), Magnesium: 59.67mg (14.92%), Copper: 0.27mg (13.66%), Vitamin B5: 1.33mg (13.26%), Manganese: 0.26mg (12.85%), Folate: 47.77µg (11.94%), Vitamin E: 1.58mg (10.56%), Fiber: 1.88g (7.52%), Calcium: 70.7mg (7.07%)