



Tee Pon Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3.5 pounds pork shoulder boneless trimmed
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon canola oil
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 8 teaspoons cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh peeled
- ☐ 0.5 cup soy sauce
- ☐ 0.5 cup rice wine dry

☐ 1 star anise

Equipment

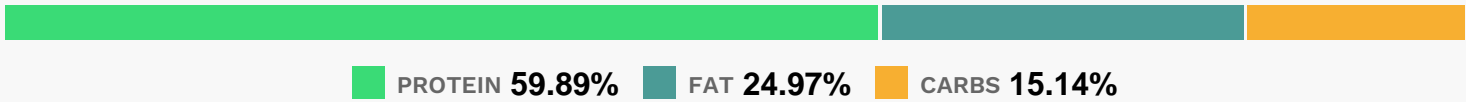
☐ frying pan

☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over high heat.
- ☐ Add pork to pan; cook 5 minutes or until browned, turning frequently.
- ☐ Remove from pan; set aside.
- ☐ Combine soy sauce and the next 5 ingredients (through star anise) in pan over medium heat, and stir until sugar dissolves. Return pork to pan. Cover, reduce heat, and simmer for 2 1/2 hours or until pork is fork-tender. Discard cinnamon and anise. Shred meat into large pieces using 2 forks; toss with sauce.
- ☐ Sprinkle with cilantro.
- ☐ Wine note: The perfect wine for this spiced pork is a variety growing in spades in California, but few people know about it or have tasted it: barbera. One of the most important red grapes in Italy, barbera in this country has mostly disappeared into generic red wine blends--until recently. Now winemakers are capitalizing on the grape's beautifully high level of acidity (it makes a fantastic food wine) and spicy cherry flavors, and they are bottling it on its own. In the Sierra Foothills, for some reason, barbera often has an edge of cinnamon that makes a lovely link to this pork. You couldn't go wrong with the 2007 Terra d'Oro Barbera from Amador County (\$18), with a rush of sweet red fruit and warm spices. --Sara Schneider

Nutrition Facts



Properties

Glycemic Index:7.13, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:26.01608691073%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 335.52kcal (16.78%), Fat: 8.59g (13.21%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 11.72g (3.91%), Net Carbohydrates: 11.08g (4.03%), Sugar: 9.02g (10.02%), Cholesterol: 119.07mg (39.69%), Sodium: 684.16mg (29.75%), Alcohol: 2.41g (100%), Alcohol %: 1.26% (100%), Protein: 46.35g (92.7%), Vitamin B3: 19.28mg (96.38%), Vitamin B1: 1.29mg (85.83%), Selenium: 51.65µg (73.78%), Vitamin B6: 1.47mg (73.36%), Vitamin B2: 0.96mg (56.62%), Phosphorus: 483.92mg (48.39%), Vitamin B12: 1.73µg (28.77%), Zinc: 4.03mg (26.87%), Potassium: 835.53mg (23.87%), Vitamin B5: 2.02mg (20.2%), Magnesium: 65.83mg (16.46%), Manganese: 0.26mg (13.07%), Iron: 2.19mg (12.18%), Copper: 0.17mg (8.63%), Vitamin E: 0.56mg (3.72%), Calcium: 36.95mg (3.7%), Fiber: 0.63g (2.53%), Folate: 7.42µg (1.86%), Vitamin K: 1.83µg (1.75%)