



Trieste Pork Stew: Maiale in Umido alla Triestina



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 1 tablespoon hungarian paprika hot
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon marjoram leaves fresh
- ☐ 1 cup merlot
- ☐ 3 onions sliced

- ☐ 1 slice pork fat back
- ☐ 2 pounds boston butt pork shoulder cut into chunks
- ☐ 6 servings salt and pepper
- ☐ 0.8 cup tomato paste
- ☐ 1 cup veal stock

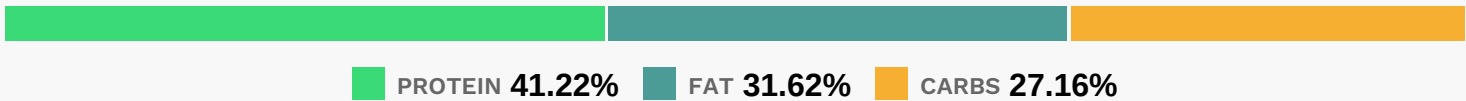
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat the pork fat over medium heat until it is completely liquid. Season the pork with salt and pepper and add to the hot fat to sear on all sides, working in batches if necessary.
- ☐ Add the sliced onions and cook until they are browned and soft, about 10 minutes.
- ☐ Add the wine and allow it to evaporate completely.
- ☐ Add the paprika, bay leaves, rosemary, and marjoram.
- ☐ Remove the excess fat with a ladle and stir in the tomato paste. Cook for 3 to 4 minutes over high heat, then stir in the veal stock. Reduce the heat to a simmer, cover, and cook for 1 to 1 1/2 hours, until the sauce has thickened. Stir in the lemon juice and season well with salt and pepper.
- ☐ Remove the meat to a serving bowl, strain the juices over the meat, and serve immediately.;

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:18.112608776063%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg, Quercetin: 11.18mg

Nutrients (% of daily need)

Calories: 229.76kcal (11.49%), Fat: 7.18g (11.05%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 11.12g (4.04%), Sugar: 7.03g (7.81%), Cholesterol: 61.95mg (20.65%), Sodium: 606.71mg (26.38%), Alcohol: 4.17g (100%), Alcohol %: 1.98% (100%), Protein: 21.07g (42.14%), Vitamin B1: 0.88mg (58.73%), Selenium: 29.86µg (42.65%), Vitamin B6: 0.59mg (29.66%), Vitamin B3: 5.58mg (27.9%), Phosphorus: 255.4mg (25.54%), Potassium: 886.88mg (25.34%), Vitamin B2: 0.42mg (24.66%), Zinc: 3.38mg (22.54%), Vitamin A: 1120.89IU (22.42%), Vitamin C: 14.46mg (17.52%), Iron: 2.82mg (15.64%), Copper: 0.27mg (13.28%), Manganese: 0.26mg (12.95%), Vitamin B12: 0.77µg (12.91%), Magnesium: 49.04mg (12.26%), Vitamin E: 1.77mg (11.82%), Fiber: 2.77g (11.07%), Vitamin K: 10.4µg (9.9%), Vitamin B5: 0.92mg (9.24%), Folate: 22.69µg (5.67%), Calcium: 48.59mg (4.86%)