



Ukrainian Baba's Pork Roast

READY IN



95 min.

SERVINGS



6

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 medium beets
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons oil
- ☐ 2 onions thinly sliced
- ☐ 1 teaspoon paprika
- ☐ 4 pounds pork shoulder roast
- ☐ 1 pound prune- cut to pieces pitted
- ☐ 2 teaspoons salt
- ☐ 1 cup cup heavy whipping cream sour

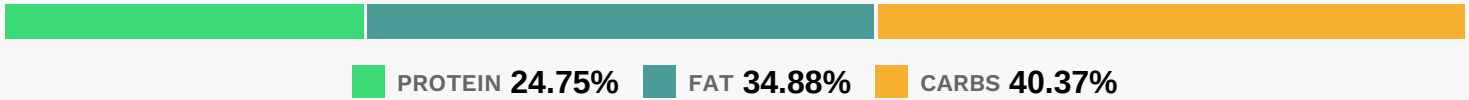
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ roasting pan
- ☐ dutch oven

Directions

- ☐ Pat meat dry with a paper towel and rub with 2 tablespoons flour and salt.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Brown meat on all sides.
- ☐ Add the sliced onions, cover, and reduce heat to low. Cook for about one hour, adding a little water if necessary. Turn meat twice during the roasting process.
- ☐ Place beets in a saucepan with water to cover. Bring to a boil over medium heat and cook until beets are tender.
- ☐ Drain, reserving liquid. Chop beets into cubes and add to the roasting pan.
- ☐ Add prunes and beet water, cover, and simmer for 5 minutes.
- ☐ Remove roast to a platter.
- ☐ Mix 1 tablespoon of flour with sour cream.
- ☐ Pour into roasting pan and mix well, scraping the sides and bottom. Simmer until sauce thickens. Season with paprika and taste. Adjust seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:20.19, Inflammation Score:-8, Nutrition Score:35.625217520672%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol:

0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 649.58kcal (32.48%), Fat: 25.87g (39.8%), Saturated Fat: 8.9g (55.6%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 58g (21.09%), Sugar: 39.37g (43.75%), Cholesterol: 146.21mg (48.74%), Sodium: 1018.91mg (44.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.31g (82.62%), Vitamin B1: 1.76mg (117.29%), Selenium: 58.33µg (83.33%), Vitamin B6: 1.06mg (53.25%), Phosphorus: 514.97mg (51.5%), Vitamin B2: 0.86mg (50.71%), Vitamin B3: 10.02mg (50.09%), Potassium: 1663.95mg (47.54%), Vitamin K: 49.54µg (47.18%), Zinc: 6.75mg (45.02%), Folate: 152.07µg (38.02%), Fiber: 9.38g (37.53%), Manganese: 0.71mg (35.27%), Vitamin B12: 1.63µg (27.17%), Magnesium: 104.74mg (26.18%), Copper: 0.51mg (25.3%), Iron: 4.22mg (23.42%), Vitamin B5: 2.21mg (22.1%), Vitamin A: 1042.62IU (20.85%), Vitamin C: 10.54mg (12.78%), Calcium: 125.42mg (12.54%), Vitamin E: 1.44mg (9.6%)