



Vietnamese Pork and Five Spice

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon five-spice powder chinese
- 2 tablespoons brown sugar
- 1 tablespoon fish sauce
- 2 cloves garlic minced
- 1 teaspoon ground pepper black
- 0.3 cup olive oil
- 4 pounds boston butt pork shoulder cut into cubes
- 1 teaspoon salt

2 tablespoons soya sauce

Equipment

pot

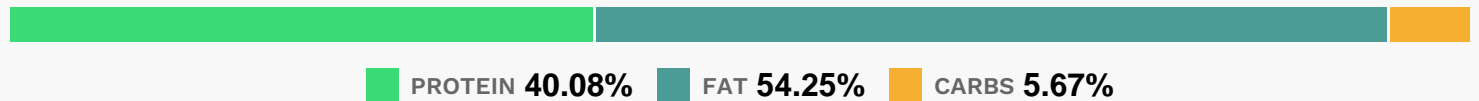
Directions

Season pork with salt and pepper.

Heat olive oil in a large pot over medium heat; cook pork and garlic in hot oil until the pork is completely browned, 7 to 10 minutes.

Stir brown sugar, soy sauce, fish sauce, and five-spice powder with the pork. Reduce heat to medium-low and cook mixture at a simmer, stirring occasionally, until the pork is tender enough to easily pull apart with a fork, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:16.720434758326%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 282.74kcal (14.14%), Fat: 16.72g (25.73%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3.08g (3.42%), Cholesterol: 92.69mg (30.9%), Sodium: 825.06mg (35.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Vitamin B1: 1.23mg (81.96%), Selenium: 41.23µg (58.9%), Vitamin B3: 6.17mg (30.85%), Vitamin B6: 0.61mg (30.33%), Zinc: 4.41mg (29.38%), Phosphorus: 289.33mg (28.93%), Vitamin B2: 0.45mg (26.19%), Vitamin B12: 1.17µg (19.55%), Potassium: 505.43mg (14.44%), Vitamin B5: 1.17mg (11.73%), Iron: 2.1mg (11.64%), Magnesium: 36.53mg (9.13%), Copper: 0.15mg (7.66%), Vitamin E: 0.98mg (6.5%), Manganese: 0.1mg (5.14%), Vitamin K: 4.49µg (4.27%), Calcium: 29.67mg (2.97%), Folate: 9.02µg (2.25%), Vitamin C: 1.46mg (1.77%)