



 **72%**
HEALTH SCORE

Vinegar-Braised Pork Shoulder Chops

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



6

CALORIES



1707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons vegetable oil
- 6 boston butt pork shoulder bone-in thick ()
- 1 serving coarse mustard
- 1 cup apple cider vinegar
- 2 tablespoons sugar
- 6 garlic clove peeled smashed
- 0.3 cup parsley fresh chopped for serving

Equipment

- frying pan
- oven
- pot
- dutch oven

Directions

- Preheat oven to 400 degrees. In a large Dutch oven or heavy pot with a tight-fitting lid, heat oil over high. Season chops with salt and pepper. In batches, cook chops until browned on both sides, 5 minutes per batch, flipping once.
- Layer chops in pot and add vinegar, 1 cup water, sugar, and garlic. Cover, transfer to oven, and braise until cooking liquid is reduced by three-quarters and chops are tender, 40 minutes.
- Sprinkle with parsley and serve with pan juices.

Nutrition Facts

PROTEIN 52.8% **FAT 45.85%** **CARBS 1.35%**

Properties

Glycemic Index:34.02, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:56.501304211824%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1707.4kcal (85.37%), Fat: 83.62g (128.64%), Saturated Fat: 28.03g (175.19%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.37g (1.95%), Sugar: 4.21g (4.68%), Cholesterol: 741.38mg (247.13%), Sodium: 854.08mg (37.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 216.63g (433.26%), Vitamin B1: 9.79mg (652.77%), Selenium: 327.2µg (467.44%), Vitamin B3: 47.36mg (236.82%), Zinc: 34.83mg (232.19%), Vitamin B6: 4.63mg (231.61%), Phosphorus: 2245.34mg (224.53%), Vitamin B2: 3.48mg (204.8%), Vitamin B12: 9.29µg (154.92%), Potassium: 3829.59mg (109.42%), Vitamin B5: 9.13mg (91.26%), Iron: 13.8mg (76.68%), Magnesium: 236.77mg (59.19%), Copper: 1.09mg (54.51%), Vitamin K: 49.4µg (47.05%), Calcium: 167.15mg (16.71%), Vitamin C: 13.12mg (15.9%), Folate: 59.28µg (14.82%), Manganese: 0.29mg (14.49%), Vitamin A: 277.85IU (5.56%), Vitamin E: 0.39mg (2.63%)