



Wine and Garlic Pork (Portuguese Vina Dosh)



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 3 pound boston butt pork shoulder boneless cut into 1-inch cubes
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 7 cloves garlic crushed
- ☐ 2 tablespoons ground pepper black
- ☐ 0.8 cup red wine
- ☐ 1.5 cups red wine vinegar
- ☐ 2 teaspoons salt

☐ 2 tablespoons vegetable oil

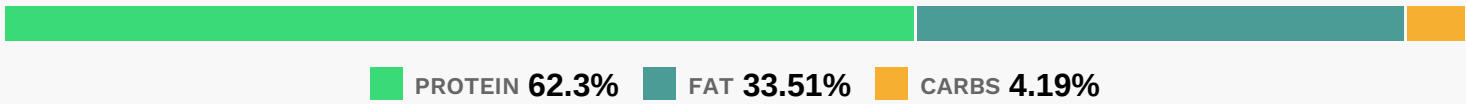
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Whisk red wine vinegar, red wine, garlic, bay leaves, cloves, black pepper, salt, and thyme together in a bowl; pour into a resealable plastic bag.
- ☐ Add the pork, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 2 to 4 days, turning occasionally.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Drain the pork, reserving 1/2 cup of marinade. Put pork and reserved marinade in a baking dish.
- ☐ Bake in preheated oven until the pork is completely warmed, about 20 minutes.
- ☐ Drain as much liquid from the pork as possible.
- ☐ Heat vegetable oil in a large skillet over medium-low heat.
- ☐ Add the pork to the skillet in batches to prevent crowding; cook and stir in hot oil until completely browned and no longer pink in the center, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:22.782173798784%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg, Malvidin: 3.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 281.68kcal (14.08%), Fat: 9.25g (14.24%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.14g (0.78%), Sugar: 0.18g (0.2%), Cholesterol: 102.06mg (34.02%), Sodium: 678.5mg (29.5%), Alcohol: 2.38g (100%), Alcohol %: 1.23% (100%), Protein: 38.7g (77.41%), Vitamin B3: 16.42mg (82.11%), Vitamin B1: 1.11mg (73.7%), Vitamin B6: 1.28mg (63.94%), Selenium: 44.38µg (63.4%), Vitamin B2: 0.8mg (47.29%), Phosphorus: 404.84mg (40.48%), Vitamin B12: 1.48µg (24.66%), Zinc: 3.42mg (22.78%), Potassium: 720.31mg (20.58%), Vitamin B5: 1.71mg (17.14%), Manganese: 0.32mg (15.94%), Magnesium: 52.14mg (13.03%), Iron: 2.11mg (11.71%), Vitamin K: 9.91µg (9.44%), Copper: 0.17mg (8.26%), Calcium: 29.65mg (2.96%), Vitamin E: 0.44mg (2.91%), Fiber: 0.47g (1.87%), Vitamin C: 1.09mg (1.32%)