

Pork Normandy

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 5

1 1/2 pounds pork shoulder, cut in one-inch cubes
salt
pepper
1 cup onion, chopped
1 clove garlic, crushed
2 cups applesauce
2 tablespoons tomato puree'
3/4 teaspoon fresh rosemary, chopped

Preheat the oven to 350 degrees.

Remove the excess fat from the pork. Fry the fat pieces in a heavy casserole. Remove the browned bits and discard. Brown the pork cubes well on all sides. Season with salt and pepper and arrange in a medium casserole.

In the fat remaining in the skillet, brown the onion and garlic very lightly.

Stir in the applesauce, tomato puree' and rosemary. Season to taste. Spread over the meat in the casserole. Cover.

Bake for about 50 minutes. Uncover.

Bake for 15 to 20 minutes longer.

Per Serving (excluding unknown items): 332 Calories; 19g Fat (50.3% calories from fat); 18g Protein; 23g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 71mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	332	Vitamin B6 (mg):	.4mg
% Calories from Fat:	50.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	27.9%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	21.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	19g	Folacin (mcg):	12mcg
Saturated Fat (g):	6g	Niacin (mg):	4mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 72mg
Carbohydrate (g): 23g
Dietary Fiber (g): 2g
Protein (g): 18g
Sodium (mg): 71mg
Potassium (mg): 424mg
Calcium (mg): 27mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 5mg
Vitamin A (i.u.): 21IU
Vitamin A (r.e.): 3 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 1/2
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 5

Amount Per Serving

Calories 332 **Calories from Fat:** 167

% Daily Values*

Total Fat	19g		29%
	Saturated Fat	6g	32%
Cholesterol	72mg		24%
Sodium	71mg		3%
Total Carbohydrates	23g		8%
	Dietary Fiber	2g	7%
Protein	18g		
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Vitamin A			0%
Vitamin C			8%
Calcium			3%
Iron			8%

* Percent Daily Values are based on a 2000 calorie diet.