

How To Cook Pork Shoulder Steak

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pork-shoulder-steak-recipe>

Ingredients:

- 4 pork shoulder steaks 12 Oz
- 1/3 cup olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon salt — could use less if desired
- 1/2 teaspoon black pepper
- 1 onion — sliced
- 2 tablespoons fresh parsley
- 1/2 teaspoon fresh thyme — optional
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 1/4 teaspoons oregano

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 245 milligrams
4. Fat: 61 grams
5. Fiber: 1 grams
6. Protein: 67 grams
7. SaturatedFat: 18 grams
8. Sodium: 1200 milligrams
9. Sugar: 1 grams

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