



Agave-Glazed Pork Belly with Grilled Pineapple



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1974 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup agave syrup divided (nectar)
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 teaspoons pepper black freshly ground plus more
- ☐ 3 habanero chiles stemmed sliced into 1/4" rounds
- ☐ 4 teaspoons kosher salt plus more
- ☐ 3.5 pounds pineapple cored ripe peeled cut into 1/2" rounds
- ☐ 6 poblano chiles stemmed coarsely chopped

- ☐ 4 pound pork belly (with or without rib bones)
- ☐ 3 serrano chiles (stemmed, chopped)
- ☐ 6 servings vegetable oil

Equipment

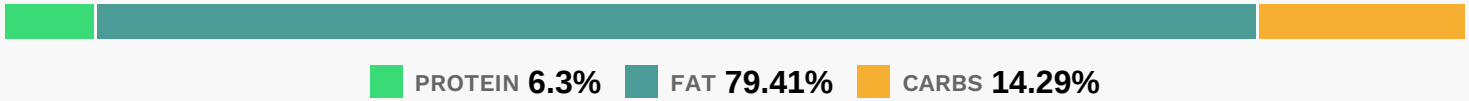
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 250°F. Season pork belly all over with 4 teaspoons salt and 2 teaspoons pepper.
- ☐ Place chiles in a large roasting pan.
- ☐ Place pork belly, skin side down, on top of chiles; drizzle with 1/2 cup agave.
- ☐ Pour remaining 1/2 cup agave and 2 cups water into pan. Cover pan tightly with lid or two layers of foil.
- ☐ Transfer to oven and cook pork for 3 hours, basting with pan juices every hour. Turn pork over. Cook until very tender, about 4 more hours.
- ☐ Transfer pork to another roasting pan (if bone-in, remove and discard bones). Strain liquid from first roasting pan into a saucepan (there should be about 5 1/2 cups); reserve chiles. Gently boil juices until reduced to about 1 1/4 cups, 45–50 minutes; add reserved chiles.
- ☐ Remove pan from heat.
- ☐ Let glaze cool; chill.
- ☐ Meanwhile, cover pork with parchment or waxed paper. Top with a large plate.
- ☐ Place weights, such as large canned goods, on top. Chill overnight.
- ☐ Reheat glaze. Build a medium-hot fire in a charcoal grill, or heat a gas grill to high.

- ☐ Brush grill rack with oil. Grill pineapple until nicely charred, 2–3 minutes per side; place on plates.
- ☐ Let grill cool to medium heat. Slice pork belly into 1"-thick pieces. Grill until warmed and crisp, about 3 minutes per side.
- ☐ Brush pork with some of the glaze from chile sauce.
- ☐ To serve, place 2 or 3 pineapple slices on each plate; spoon glaze over, then top with pork belly.
- ☐ Drizzle with vinegar.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:23.56, Inflammation Score:-9, Nutrition Score:38.556087162184%

Flavonoids

Luteolin: 5.76mg, Luteolin: 5.76mg, Luteolin: 5.76mg, Luteolin: 5.76mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 1973.65kcal (98.68%), Fat: 175.12g (269.41%), Saturated Fat: 60.7g (379.38%), Carbohydrates: 70.9g (23.63%), Net Carbohydrates: 64.48g (23.45%), Sugar: 55.2g (61.34%), Cholesterol: 217.72mg (72.57%), Sodium: 1657.73mg (72.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.54%), Vitamin C: 262.97mg (318.75%), Manganese: 2.78mg (138.97%), Vitamin B1: 1.54mg (102.51%), Vitamin B3: 16.53mg (82.66%), Vitamin B6: 1.17mg (58.64%), Vitamin B2: 0.93mg (54.9%), Vitamin K: 49.25µg (46.9%), Vitamin B12: 2.54µg (42.34%), Phosphorus: 384.65mg (38.46%), Selenium: 25.25µg (36.07%), Potassium: 1155.61mg (33.02%), Copper: 0.57mg (28.69%), Fiber: 6.42g (25.67%), Zinc: 3.64mg (24.28%), Vitamin E: 3.36mg (22.4%), Folate: 79.53µg (19.88%), Iron: 3.14mg (17.42%), Vitamin A: 869.96IU (17.4%), Magnesium: 63.63mg (15.91%), Vitamin B5: 1.52mg (15.16%), Calcium: 69.87mg (6.99%)