



Aleppo-Pepper-Pork-and-Fennel Sandwiches

 Dairy Free

READY IN



210 min.

SERVINGS



30

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup ground aleppo pepper
- 4 cups arugula packed ()
- 3.5 pounds pork shoulder boneless
- 1 large fennel bulb cored very thinly sliced
- 3 tablespoons garlic minced
- 3 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin
- 30 servings pepper black freshly ground

- 1 tablespoon sea salt fine
- 6 portugese rolls split toasted for serving
- 0.3 cup citrus champagne vinegar

Equipment

- bowl
- frying pan
- baking paper
- oven
- baking pan
- aluminum foil

Directions

- Make 6 cuts in the pork, 1 inch apart, cutting most of the way through the meat. Rub the pork all over with the salt. Rub the pork with the garlic and then with the Aleppo pepper, covering the meat completely. Wrap the pork in plastic and refrigerate overnight.
- Preheat the oven to 32
- Set the pork in a baking dish just large enough to hold it and add 1/4 cup of water. Cover the pork with parchment paper and then cover tightly with foil.
- Bake for about 2 1/2 hours, until the meat is very tender.
- Pour all but 1/4 cup of the roasting juices into a bowl and reserve.
- Drizzle the pork with the vinegar, cover with foil and bake for 10 minutes.
- Remove the pork from the oven and let it rest, covered, for 10 minutes.
- In a large bowl, stir the olive oil with the lemon juice and season with salt and black pepper.
- Add the fennel and arugula and toss.
- Discard any fat and gristle from the pork. Shred the meat into large pieces and toss with the pan juices and reserved juices. Pile the meat on the rolls, top with the fennel salad and serve.

Nutrition Facts



■ PROTEIN **42.32%** ■ FAT **30.77%** ■ CARBS **26.91%**

Properties

Glycemic Index:7.07, Glycemic Load:4.84, Inflammation Score:-5, Nutrition Score:9.7343477736349%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 4.36g (6.72%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.36g (2.68%), Sugar: 1.42g (1.57%), Cholesterol: 31.75mg (10.58%), Sodium: 357.1mg (15.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.01%), Vitamin B3: 5.38mg (26.88%), Vitamin B1: 0.35mg (23.35%), Vitamin B6: 0.44mg (21.99%), Selenium: 14.24µg (20.34%), Iron: 3.08mg (17.13%), Vitamin B2: 0.27mg (15.92%), Phosphorus: 134.05mg (13.4%), Vitamin A: 659.01IU (13.18%), Vitamin K: 11.15µg (10.62%), Potassium: 287.54mg (8.22%), Zinc: 1.16mg (7.72%), Vitamin B12: 0.46µg (7.67%), Vitamin E: 1.11mg (7.43%), Vitamin B5: 0.58mg (5.75%), Magnesium: 19.82mg (4.96%), Fiber: 1.23g (4.92%), Manganese: 0.09mg (4.61%), Copper: 0.07mg (3.57%), Vitamin C: 2.19mg (2.65%), Calcium: 21.84mg (2.18%), Folate: 5.59µg (1.4%)