



HEALTH SCORE

100%

All-Day Roast Pork, Spicy Apple Chutney, Mashed Citrus Sweet Potatoes, Sauteed Chard



Gluten Free



Dairy Free



Very Healthy

READY IN



405 min.

SERVINGS



4

CALORIES



1330 kcal

SIDE DISH

Ingredients



5 to 6 bay leaves fresh



5 pound boston butt pork shoulder bone-in



2 medium carrots sliced



2 ribs celery sliced



1 large very bunch chard shredded red stemmed



1 cup chicken stock see



2 cups chicken stock see

- ☐ 2 fresno chile peppers seeded finely chopped
- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 teaspoons fennel seeds
- ☐ 1 inch ginger fresh minced grated
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 6 medium gala apples peeled chopped
- ☐ 1 head garlic peeled sliced
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup amber maple syrup dark
- ☐ 4 servings nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 medium onions chopped
- ☐ 2 medium onions sliced
- ☐ 1 tablespoon orange zest
- ☐ 4 servings sea salt and pepper black freshly ground
- ☐ 4 large sweet potatoes peeled sliced
- ☐ 1 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

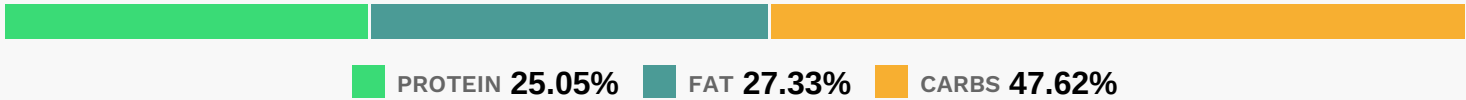
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board
- ☐ gravy boat

Directions

- ☐ Watch how to make this recipe.
- ☐ From 6 hour pork, cook your way through the day with slow-cooked, braised, and simmered comfort foods.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Score the top of the roast in a crosshatch pattern about 3/4-inch apart. Rub the salt, pepper, fennel, and thyme into the pork skin and set the pork into a roasting pan. Roast about 30 minutes, or until crispy on top. Cover the pork tightly with foil and reduce oven to 325 degrees F, and roast about 4 hours.
- ☐ Remove the pork from the oven and set onto a cutting board. Spoon off most of the fat from the drippings and add the onions, garlic, carrots, celery, bay leaves, salt, and pepper to the pan, and stir to combine. Set the roast on top of the vegetables and cover again with foil, roasting for 1 to 1 1/2 hours more.
- ☐ Meanwhile, start on the spicy apple chutney and side dishes.
- ☐ Heat 1 tablespoon extra-virgin olive oil in a saucepot over medium to medium-high heat.
- ☐ Add the onions, chiles, and ginger to the pan and cook to soften, 10 to 12 minutes.
- ☐ Add the apples, dark brown sugar, thyme, maple syrup, cider vinegar, lemon juice, a little salt, and nutmeg. Cover and cook, stirring occasionally, for 15 to 20 minutes, until a thick sauce forms. Adjust the seasoning and transfer to a serving dish.
- ☐ For the sweet potatoes: Cover the sweet potatoes with water in a pot over medium-high heat, bring to a boil, and cook until tender.
- ☐ Drain and return to the hot pot. Mash the sweet potatoes with orange zest, chicken stock, lemon juice, salt, and pepper. Keep warm until ready to serve.
- ☐ Heat 2 tablespoons extra-virgin olive oil in a large skillet over medium heat, season with salt, pepper, and nutmeg, and saute until just tender, about 5 minutes. Keep warm until ready to

- serve.
- ☐ Remove the pork roast to a carving board and cover with the roasting foil to tent. Skim the fat again, and then place the roasting pan over medium–high heat on the stovetop. Deglaze the pan with stock, and wine, and stir for a few minutes with a wooden spoon to scrape up all drippings. Strain the sauce and pour it into a serving bowl or gravy boat.
- ☐ Serve the pork with the spicy apple chutney, mashed citrus sweet potatoes and sauteed chard.

Nutrition Facts



Properties

Glycemic Index:157.58, Glycemic Load:53.82, Inflammation Score:-10, Nutrition Score:71.374347603839%

Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.89mg, Epicatechin: 20.89mg, Epicatechin: 20.89mg, Epicatechin: 20.89mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 3.05mg, Luteolin: 3.05mg, Luteolin: 3.05mg, Luteolin: 3.05mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 33.78mg, Quercetin: 33.78mg, Quercetin: 33.78mg, Quercetin: 33.78mg

Nutrients (% of daily need)

Calories: 1330.08kcal (66.5%), Fat: 39.38g (60.59%), Saturated Fat: 11.36g (70.98%), Carbohydrates: 154.44g (51.48%), Net Carbohydrates: 132.17g (48.06%), Sugar: 72.56g (80.62%), Cholesterol: 237.13mg (79.04%), Sodium: 983.07mg (42.74%), Alcohol: 6.18g (100%), Alcohol %: 0.53% (100%), Protein: 81.22g (162.45%), Vitamin A: 54813.84IU (1096.28%), Vitamin B1: 3.56mg (237.56%), Selenium: 109.16µg (155.94%), Vitamin B6: 2.76mg (137.76%), Vitamin K: 132.81µg (126.48%), Manganese: 2.29mg (114.3%), Vitamin B2: 1.91mg (112.08%), Vitamin B3: 20.91mg (104.53%), Vitamin C: 85.55mg (103.7%), Phosphorus: 1029.1mg (102.91%), Potassium: 3425.16mg (97.86%), Fiber: 22.27g (89.08%), Zinc: 13.05mg (87.02%), Vitamin B5: 6.15mg (61.49%), Copper: 1.21mg (60.6%),

Magnesium: 240.56mg (60.14%), Iron: 9.42mg (52.35%), Vitamin B12: 2.91µg (48.42%), Calcium: 302.2mg (30.22%),
Folate: 120.39µg (30.1%), Vitamin E: 3.65mg (24.33%)