



## Baked Pork Butt Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



244 kcal

### Ingredients

- 1 tablespoon olive oil
- 2 teaspoons pepper
- 4 lb pork shoulder roast boneless (Boston butt)
- 2 teaspoons salt

### Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil

## Directions

- Preheat oven to 350
- Trim boneless pork shoulder roast. Rinse and pat dry. Rub roast with olive oil.
- Sprinkle with salt and pepper; place in an aluminum foil-lined 13- x 9-inch pan.
- Bake at 350 for 4 to 4 1/2 hours or until a meat thermometer inserted into thickest portion registers 180
- Let stand 15 minutes before slicing.

## Nutrition Facts

**PROTEIN 70.28%** **FAT 29.29%** **CARBS 0.43%**

## Properties

Glycemic Index:3.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:22.368260770874%

## Nutrients (% of daily need)

Calories: 243.8kcal (12.19%), Fat: 7.58g (11.66%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0g (0%), Cholesterol: 108.86mg (36.29%), Sodium: 563.18mg (24.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.94g (81.87%), Vitamin B3: 17.43mg (87.13%), Vitamin B1: 1.17mg (78.05%), Selenium: 46.83µg (66.9%), Vitamin B6: 1.31mg (65.56%), Vitamin B2: 0.84mg (49.67%), Phosphorus: 416.12mg (41.61%), Vitamin B12: 1.58µg (26.31%), Zinc: 3.54mg (23.63%), Potassium: 691.26mg (19.75%), Vitamin B5: 1.79mg (17.87%), Magnesium: 47.87mg (11.97%), Iron: 1.67mg (9.25%), Copper: 0.14mg (7.18%), Manganese: 0.08mg (3.88%), Vitamin E: 0.35mg (2.34%), Calcium: 14.77mg (1.48%), Vitamin K: 1.5µg (1.43%)