



Boston Butt Roast With Gravy

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 6 tablespoons flour all-purpose divided
- ☐ 4 garlic cloves
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup hot sauce
- ☐ 0.5 tablespoon penzey's southwest seasoning italian
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- ☐ 1 cup beef broth low-sodium

- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper
- ☐ 5 pound boston butt pork roast trimmed
- ☐ 0.3 cup red wine
- ☐ 1.5 tablespoons salt
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups water
- ☐ 0.3 cup vinegar white

Equipment

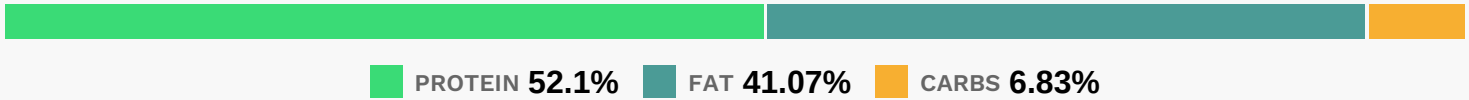
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Place roast in an aluminum foil-lined roasting pan.
- ☐ Sprinkle pork evenly with 1 1/2 tablespoons salt and next 3 ingredients.
- ☐ Sprinkle evenly with 4 tablespoons flour.
- ☐ Pour 2 cups water and vinegar into the bottom of roasting pan.
- ☐ Add onion and garlic cloves.
- ☐ Drizzle pork evenly with hot sauce.
- ☐ Bake at 375 for 3 1/2 hours or until tender.
- ☐ Remove pork from roasting pan, and wrap in aluminum foil.
- ☐ Pour about 1 cup pan drippings into a 2-cup glass measuring cup.
- ☐ Let stand 10 minutes, and skim fat from drippings.

- ☐ Melt butter in a large skillet over medium–high heat; whisk in remaining 2 tablespoons flour, pan drippings, broth, wine, and 1/2 teaspoon Italian seasoning. Bring to a boil, whisking constantly; reduce heat to medium, and simmer 10 minutes. Season with salt and pepper to taste.
- ☐ Serve gravy over sliced pork.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:3.61, Inflammation Score:-5, Nutrition Score:33.116087312284%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 441.13kcal (22.06%), Fat: 19.14g (29.44%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.45g (2.34%), Sugar: 0.79g (0.87%), Cholesterol: 170.1mg (56.7%), Sodium: 1977.09mg (85.96%), Alcohol: 0.8g (100%), Alcohol %: 0.24% (100%), Protein: 54.63g (109.26%), Selenium: 82.31µg (117.59%), Vitamin B1: 1.64mg (109.43%), Vitamin B6: 1.54mg (77.12%), Vitamin B2: 1.13mg (66.75%), Zinc: 9.66mg (64.41%), Vitamin B3: 12.86mg (64.29%), Phosphorus: 591.29mg (59.13%), Vitamin B5: 4.52mg (45.17%), Vitamin B12: 2.58µg (43.06%), Potassium: 1088.73mg (31.11%), Iron: 4.01mg (22.27%), Magnesium: 69.34mg (17.34%), Copper: 0.33mg (16.46%), Vitamin D: 1.7µg (11.34%), Manganese: 0.2mg (9.86%), Vitamin C: 7.12mg (8.63%), Calcium: 60.23mg (6.02%), Vitamin E: 0.89mg (5.93%), Folate: 14.77µg (3.69%), Vitamin K: 3.44µg (3.27%), Vitamin A: 146.71IU (2.93%), Fiber: 0.72g (2.89%)