



Char Siu Pork Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five spice powder
- ☐ 2 pound pork shoulder boneless trimmed (Boston butt)
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup hoisin sauce
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons catsup

- ☐ 0.5 cup beef broth fat-free
- ☐ 0.3 cup soy sauce

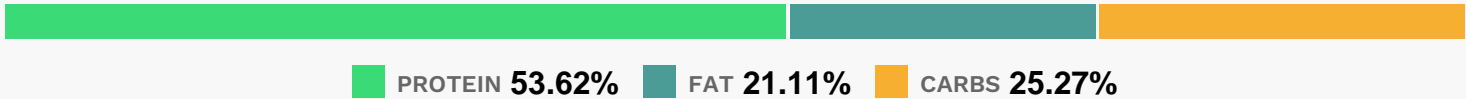
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Combine first 8 ingredients in a small bowl, stirring well with a whisk.
- ☐ Place in a large zip-top plastic bag.
- ☐ Add pork to bag; seal. Marinate in refrigerator at least 2 hours, turning occasionally.
- ☐ Place pork and marinade in an electric slow cooker. Cover and cook on low for 8 hours.
- ☐ Remove pork from slow cooker using a slotted spoon; place on a cutting board or work surface. Cover with aluminum foil; keep warm.
- ☐ Add broth to sauce in slow cooker. Cover and cook on low for 30 minutes or until sauce thickens. Shred pork with 2 forks; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:12.78, Glycemic Load:3.47, Inflammation Score:-2, Nutrition Score:15.110869694015%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 204.8kcal (10.24%), Fat: 4.72g (7.27%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 12.34g (4.49%), Sugar: 10.07g (11.18%), Cholesterol: 68.3mg (22.77%), Sodium: 566.39mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27g (54%), Vitamin B3: 11.19mg (55.93%), Vitamin B1: 0.74mg (49.2%), Vitamin B6: 0.86mg (42.97%), Selenium: 29.68µg (42.39%), Vitamin B2: 0.58mg (34.07%), Phosphorus: 280.37mg (28.04%), Vitamin B12: 0.99µg (16.44%), Zinc: 2.35mg (15.68%), Potassium: 525.51mg (15.01%), Vitamin B5: 1.16mg (11.6%), Magnesium: 38.76mg (9.69%), Iron: 1.36mg (7.58%), Copper: 0.11mg (5.72%), Manganese: 0.1mg (5.14%), Calcium: 17.45mg (1.74%), Vitamin E: 0.24mg (1.59%), Fiber: 0.39g (1.57%), Folate: 6.25µg (1.56%)