



Chinese-Style Roast Pork (Char Sil)

 **Gluten Free**  **Dairy Free**



READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 teaspoon sesame oil dark
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons green onions minced
- ☐ 0.5 cup hoisin sauce
- ☐ 2 tablespoons honey
- ☐ 0.5 cup catsup

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 pounds boston butt pork roast boneless trimmed cut into 2-inch cubes

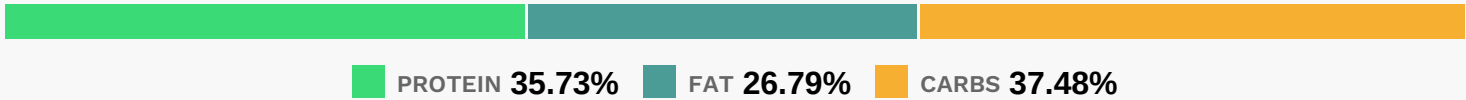
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients in a large zip-top plastic bag.
- ☐ Add pork; seal and marinate in refrigerator 24 hours, turning bag occasionally.
- ☐ Remove pork from bag, reserving marinade.
- ☐ Preheat oven to 35
- ☐ Place pork on the rack of a broiler pan lined with foil.
- ☐ Bake at 350 for 30 minutes. Turn pork over, and baste with reserved marinade. Discard remaining marinade.
- ☐ Bake an additional 20 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Preheat broiler. Broil pork 5 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:14.809565264246%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 262.24kcal (13.11%), Fat: 7.61g (11.7%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 23.3g (8.47%), Sugar: 19g (21.12%), Cholesterol: 68.55mg (22.85%), Sodium: 777.92mg (33.82%), Alcohol: 0.77g (100%), Alcohol %: 0.56% (100%), Protein: 22.82g (45.64%), Selenium: 32.78µg (46.83%), Vitamin B1: 0.64mg (42.8%), Vitamin B6: 0.66mg (33.23%), Vitamin B2: 0.52mg (30.7%), Vitamin B3: 5.52mg (27.58%), Zinc: 4mg (26.64%), Phosphorus: 257.04mg (25.7%), Vitamin B5: 1.85mg (18.47%), Vitamin B12: 1.03µg (17.2%), Potassium: 499.67mg (14.28%), Iron: 1.82mg (10.1%), Magnesium: 38.47mg (9.62%), Copper: 0.16mg (8.23%), Manganese: 0.15mg (7.51%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.58mg (3.89%), Calcium: 35.79mg (3.58%), Fiber: 0.64g (2.55%), Folate: 9.42µg (2.36%), Vitamin A: 83.1IU (1.66%), Vitamin K: 1.69µg (1.61%), Vitamin C: 1.27mg (1.54%)