



 **44%**
HEALTH SCORE

Cocoa and Spice Slow-Roasted Pork with Onions

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

READY IN



45 min.

SERVINGS



8

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sea salt (preferably gray crystals)
- 1.5 tablespoons sage fresh chopped
- 2 tablespoons ground cinnamon
- 0.5 teaspoon ground cloves
- 1 teaspoon nutmeg
- 6 tablespoons olive oil extra virgin extra-virgin
- 3.8 pounds onion thinly sliced

- 5 pound boston butt pork shoulder with bone
- 1 tablespoon cocoa powder unsweetened
- 1.5 cups water
- 0.5 tablespoon peppercorns cracked whole white
- 0.5 tablespoon coriander seeds whole

Equipment

- bowl
- frying pan
- oven
- pot
- roasting pan
- kitchen thermometer
- aluminum foil
- microwave

Directions

- Stir peppercorns and coriander in small skillet over medium heat until spices are darker in color, about 5 minutes.
- Transfer toasted spices to spice grinder; grind finely.
- Place in small bowl; mix in remaining ingredients. DO AHEAD: Can be made 1 week ahead. Cover and let stand at room temperature.
- Heat oil in large pot over medium heat.
- Add onions and sage; sprinkle with salt and pepper. Sauté 10 minutes.
- Add 1 1/2 cups water; cover and cook until onions are soft, about 15 minutes. Uncover; continue to cook until onions are beginning to brown and water has evaporated, about 30 minutes.
- Meanwhile, preheat oven to 300°F.
- Sprinkle spice rub on large sheet of foil.

- Roll pork in rub, pressing to coat (some of rub will be leftover). Set pork on rack in large roasting pan. Top pork with 1/3 of onions; scatter remaining onions around pork in pan.
- Roast pork and onions until onions are deep brown, stirring occasionally, about 3 hours.
- Transfer onions from pan to medium bowl. Continue to roast pork until very tender and thermometer inserted into center registers 165°F, about 2 1/2 hours longer.
- Transfer pork to platter. Rewarm onions in microwave at 10 second intervals and season with salt and pepper; spoon around pork.
- Seghesio 2005 Sangiovese (Sonoma, \$25). Its hints of spice and dark fruit flavors are a slam-dunk with pork.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts

PROTEIN 32.56% **FAT 46.92%** **CARBS 20.52%**

Properties

Glycemic Index:12.75, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:30.983913314083%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg, Isorhamnetin: 10.65mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 43.22mg, Quercetin: 43.22mg, Quercetin: 43.22mg, Quercetin: 43.22mg

Nutrients (% of daily need)

Calories: 447.13kcal (22.36%), Fat: 23.41g (36.01%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 17.58g (6.39%), Sugar: 9.14g (10.16%), Cholesterol: 115.86mg (38.62%), Sodium: 1887.4mg (82.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.11%), Copper: 3.71mg (185.71%), Vitamin B1: 1.63mg (108.85%), Selenium: 52.36µg (74.8%), Vitamin B6: 0.98mg (48.93%), Manganese: 0.91mg (45.64%), Phosphorus: 420.83mg (42.08%), Zinc: 5.93mg (39.56%), Vitamin B3: 7.69mg (38.47%), Vitamin B2: 0.61mg (35.68%), Potassium: 930.29mg (26.58%), Vitamin B12: 1.45µg (24.21%), Fiber: 5.46g (21.82%), Vitamin C: 17.46mg (21.16%), Iron: 3.21mg (17.86%), Vitamin B5: 1.69mg (16.92%), Magnesium: 66.94mg (16.74%), Folate: 49.68µg (12.42%), Calcium: 109.76mg (10.98%), Vitamin E: 1.61mg (10.75%), Vitamin K: 7.99µg (7.61%)