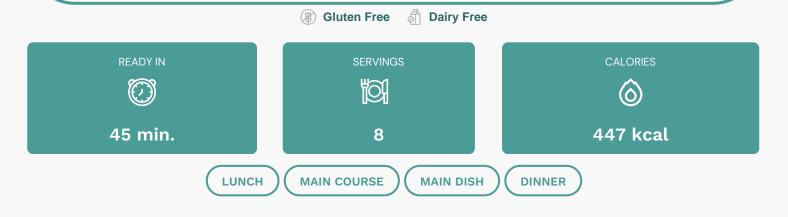


Cocoa and Spice Slow-Roasted Pork with Onions



Ingredients

<u> </u>	`'	, 0	,	,	
1.5 tablespoons sage fr	esh chop	ped			
2 tablespoons ground	cinnamoi	n			
0.5 teaspoon ground c	loves				
1 teaspoon nutmeg					
6 tablespoons olive oil	extra vir	gin e	extra	-virg	in
3.8 pounds onion think	/ sliced				

2 tablespoons sea salt (preferably gray crystals)

	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. Sauté10 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.				

	PROTEIN 32.56% FAT 46.92% CARBS 20.52%			
Nutrition Facts				
	See Nutrition Data's complete analysis of this recipe			
	Nutrition Data			
	Seghesio 2005 Sangiovese (Sonoma, \$25). Its hints of spice and dark fruit flavors are a slamdunk with pork.			
	Transfer pork to platter. Rewarm onions in microwave at 10 second intervals and season with salt and pepper; spoon around pork.			
	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.			
	Roast pork and onions until onions are deep brown, stirring occasionally, about 3 hours.			
	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.			

Properties

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

Flavonoids

Catechin: O.41mg, Catechin: O.41mg, Catechin: O.41mg, Catechin: O.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Apigenin: O.03mg, Apigenin: O.03mg

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: Og (100%), Alcohol %: O% (100%), Protein: 36.55g (73.11%), Copper: 3.71mg (185.71%), Vitamin B1: 1.63mg (108.85%), Selenium: 52.36µg (74.8%), Vitamin B6: O.98mg (48.93%), Manganese: O.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%)