



## Cocoa Pork

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

READY IN



915 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon pepper black freshly ground
- 5 pound boston butt pork shoulder boneless trimmed
- 0.3 teaspoon ground cloves
- 2 tablespoons kosher salt
- 3 tablespoons brown sugar light packed
- 0.3 cup orange juice freshly squeezed
- 1 tablespoon orange zest grated
- 0.3 cup red wine vinegar

- 3 tablespoons cocoa powder unsweetened
- 2 tablespoons vegetable oil
- 3 medium onions yellow quartered

## Equipment

- frying pan
- oven
- mixing bowl
- plastic wrap
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- In a small mixing bowl, add the cocoa, sugar, orange zest, black pepper, and clove.
- Combine well to form a rub. Coat the pork with oil and sprinkle with the salt. Smear the cocoa rub all over the pork shoulder.
- Add the onion quarters and pork to a large dish and pour orange juice and red wine vinegar over the pork. Cover with plastic wrap and refrigerate for 4 to 12 hours to marinate.
- Preheat the oven to 425 degrees F and arrange a rack in the middle.
- Let pork sit at room temperature while oven heats up, at least 45 minutes to 1 hour.
- Remove pork from marinade and dry well.
- Put the pork in a clean, dry roasting pan, and roast until the skin is browned, about 30 minutes. Reduce the oven to 325 degrees F, scatter onions from the marinade around the pork and roast until the internal temperature registers 155 degrees F on an instant-read thermometer, about 2 to 2 1/2 to 2 hours.
- Transfer the pork to a cutting board and cover loosely with foil. Allow the roast to rest for 15 to 30 minutes before carving.
- Slice between the meat and cracklings and lift the crackling off in 1 piece.

Cut the crackling into pieces, so they're easier to eat. Carve meat downward and against the grain and arrange on a platter. Spoon pan juices and onions over the meat and serve.

## Nutrition Facts

**PROTEIN 61.3%** **FAT 28.45%** **CARBS 10.25%**

### Properties

Glycemic Index:13.88, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:34.409564951192%

### Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg, Epicatechin: 3.68mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

### Nutrients (% of daily need)

Calories: 435.57kcal (21.78%), Fat: 13.38g (20.58%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 9.26g (3.37%), Sugar: 7.02g (7.8%), Cholesterol: 170.1mg (56.7%), Sodium: 1901.45mg (82.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.31mg (1.44%), Protein: 64.84g (129.69%), Vitamin B3: 27.37mg (136.83%), Vitamin B1: 1.86mg (123.97%), Vitamin B6: 2.11mg (105.34%), Selenium: 73.71µg (105.3%), Vitamin B2: 1.34mg (78.72%), Phosphorus: 678.08mg (67.81%), Vitamin B12: 2.47µg (41.11%), Zinc: 5.75mg (38.3%), Potassium: 1195.81mg (34.17%), Vitamin B5: 2.87mg (28.72%), Magnesium: 89.83mg (22.46%), Iron: 3.01mg (16.72%), Copper: 0.32mg (15.78%), Manganese: 0.25mg (12.33%), Vitamin C: 9.28mg (11.24%), Vitamin K: 6.97µg (6.64%), Fiber: 1.58g (6.32%), Calcium: 40.84mg (4.08%), Vitamin E: 0.53mg (3.53%), Folate: 11.87µg (2.97%)