



Crispy Roasted Pork Belly



Gluten Free



Dairy Free

READY IN



226 min.

SERVINGS



4

CALORIES



1064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery coarsely chopped
- ☐ 0.5 cup chicken broth
- ☐ 4 garlic cloves crushed
- ☐ 1 large onion cut into wedges
- ☐ 0.5 teaspoon pepper
- ☐ 1.8 lb pork belly

- ☐ 1 teaspoon salt
- ☐ 6 thyme sprigs fresh

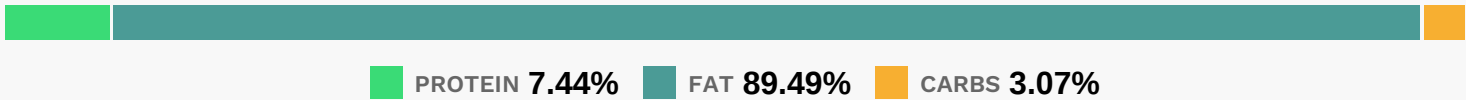
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Make 1/4-inch-deep cuts in fattiest side of pork.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Place in a large roasting pan.
- ☐ Place onion and next 5 ingredients around pork.
- ☐ Pour broth in pan, and cover tightly with aluminum foil.
- ☐ Bake at 325 for 3 to 3 1/2 hours or until fork-tender.
- ☐ Remove pork from pan, and let stand 15 minutes. Discard vegetables and liquid in pan.
- ☐ Cook pork in a large cast-iron skillet over medium-low heat 8 to 10 minutes on each side or until browned and crisp.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:19.093043306599%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 1064.06kcal (53.2%), Fat: 105.42g (162.19%), Saturated Fat: 38.4g (240.02%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 6.28g (2.28%), Sugar: 3.2g (3.56%), Cholesterol: 143.47mg (47.82%), Sodium: 777.51mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.73g (39.45%), Vitamin A: 5194.75IU (103.9%), Vitamin B1: 0.84mg (55.77%), Vitamin B3: 9.68mg (48.42%), Vitamin B2: 0.54mg (31.57%), Vitamin B12: 1.67µg (27.88%), Phosphorus: 243.8mg (24.38%), Selenium: 16.65µg (23.79%), Vitamin B6: 0.39mg (19.47%), Potassium: 550.94mg (15.74%), Zinc: 2.25mg (15%), Manganese: 0.23mg (11.57%), Vitamin C: 8.55mg (10.36%), Iron: 1.59mg (8.82%), Copper: 0.16mg (7.87%), Fiber: 1.85g (7.4%), Vitamin B5: 0.67mg (6.69%), Vitamin E: 1mg (6.67%), Magnesium: 19.35mg (4.84%), Vitamin K: 4.78µg (4.56%), Calcium: 43.38mg (4.34%), Folate: 15.98µg (4%)