



## Cuban Pork Roast I



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 2 teaspoons cumin seeds
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 cloves garlic chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice

- ☐ 1 teaspoon oregano dried
- ☐ 4 pounds boston butt pork shoulder trimmed
- ☐ 2 teaspoons salt

## Equipment

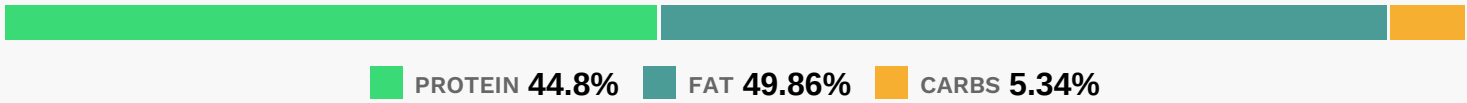
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ mortar and pestle

## Directions

- ☐ Heat a small, heavy skillet over medium heat.
- ☐ Add the cumin seeds and peppercorns to the pan; stir constantly until fragrant and beginning to brown, about 2 minutes. Cool.
- ☐ Using a mortar and pestle, crush toasted spices with garlic, salt, and oregano to make a paste. You can also do this in the small bowl of a food processor.
- ☐ Transfer to a small bowl, and stir in orange juice, lime juice, lemon juice, sherry, and olive oil.
- ☐ Place the pork in a large resealable plastic bag.
- ☐ Pour citrus marinade over meat, and seal. Refrigerate for 12 to 24 hours, turning the bag over occasionally.
- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Transfer pork and marinade to a roasting pan, and place in the oven. Roast for about 2 1/2 hours, basting with pan juices occasionally, or until an instant read thermometer inserted in the center reads 145 degrees F (63 degrees C).
- ☐ Add small amounts of water to the pan if it dries out.

Transfer the pork to a carving board, cover loosely with foil, and let rest for 15 minutes. Carve, and serve.

# Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:17.327391329019%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 256.65kcal (12.83%), Fat: 13.55g (20.85%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.24g (1.38%), Cholesterol: 92.69mg (30.9%), Sodium: 688.57mg (29.94%), Alcohol: 1.03g (100%), Alcohol %: 0.74% (100%), Protein: 27.4g (54.81%), Vitamin B1: 1.24mg (82.83%), Selenium: 41.11µg (58.73%), Vitamin B6: 0.61mg (30.61%), Vitamin B3: 6.03mg (30.14%), Zinc: 4.42mg (29.48%), Phosphorus: 289.85mg (28.98%), Vitamin B2: 0.45mg (26.22%), Vitamin B12: 1.16µg (19.37%), Potassium: 533.82mg (15.25%), Vitamin C: 10.65mg (12.91%), Iron: 2.25mg (12.48%), Vitamin B5: 1.19mg (11.91%), Magnesium: 35.34mg (8.84%), Copper: 0.16mg (7.8%), Manganese: 0.12mg (6.11%), Vitamin K: 4.25µg (4.05%), Vitamin E: 0.6mg (3.97%), Calcium: 35.51mg (3.55%), Folate: 12.54µg (3.13%), Fiber: 0.32g (1.28%)