



Cuban Roast Pork (Lechon Asado)



Gluten Free



Dairy Free



Popular

READY IN



720 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 teaspoon peppercorns black



1 teaspoon cumin toasted



20 cloves garlic



1 large onion sliced



1.5 cups orange juice sour (seville) (or 1 cup orange juice +)



1 teaspoon oregano



1 pork shoulder 4-5 lbs bone in , skin on



2 teaspoons salt

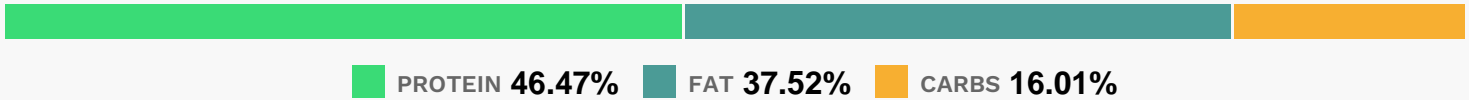
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Puree the garlic, onion, sour orange juice, oregano, cumin, salt and pepper in a food processor or blender, place 2/3 of the mixture into a large sealable bag with the pork and marinate in the fridge overnight.Pull the pork out of the fridge 1 hour before roasting, take it out of the bag, set it with its skin side up, wipe the skin dry and let sit for 1 hour.Score the skin in 1/2 inch intervals and rub salt generously into the skin.
- ☐ Place the pork in a roasting pan, skin side up, roast in a preheated 450F oven for 20 minutes or until the skin has become crackling, ie it has become golden, hardened and crispy.Reduce the heat to 325F and roast until the pork reaches 170F for slicing or 195F for shredding, about 2–3 hours or 4–6 hours respectively. If the skin starts to get too dark tent it loosely with foil without folding the edges over to prevent steaming.
- ☐ Let the pork rest for 15 minutes, remove crackling and cut into small pieces, discard any extra fat and then slice or shred the pork.
- ☐ Remove the fat from the juices and serve with sliced pork or mix into shredded pork.Meanwhile heat 2 tablespoons of the juices from the roasting pan in a pan over medium–high heat, add the onion and saute until tender and caramelized, about 7–10 minutes.
- ☐ Serve the pork with the caramelized onions and remaining mojo.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:4.83, Inflammation Score:–7, Nutrition Score:25.539130677348%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 329.72kcal (16.49%), Fat: 13.48g (20.74%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.82g (4.3%), Sugar: 6.39g (7.1%), Cholesterol: 123.56mg (41.19%), Sodium: 919.43mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.57g (75.13%), Vitamin B1: 1.72mg (114.74%), Selenium: 56.08µg (80.12%), Vitamin B6: 0.95mg (47.56%), Vitamin C: 37.48mg (45.43%), Vitamin B3: 8.27mg (41.35%), Phosphorus: 408.94mg (40.89%), Zinc: 6.02mg (40.11%), Vitamin B2: 0.62mg (36.45%), Vitamin B12: 1.55µg (25.82%), Potassium: 849.55mg (24.27%), Manganese: 0.35mg (17.68%), Vitamin B5: 1.74mg (17.37%), Iron: 3.02mg (16.77%), Magnesium: 53.94mg (13.49%), Copper: 0.26mg (13.06%), Folate: 33.82µg (8.45%), Calcium: 68.64mg (6.86%), Fiber: 1.12g (4.48%), Vitamin K: 3.62µg (3.45%), Vitamin A: 150.38IU (3.01%)