



 **56%**
HEALTH SCORE

Cuban Roasted Pork Leg: Pernil

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

READY IN



405 min.

SERVINGS



10

CALORIES



1742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon achiote powder
- 1 tablespoon coarse salt
- 1 tablespoon parsley flakes dried
- 12 garlic cloves
- 1 tablespoon garlic powder
- 0.5 tablespoon ground cumin
- 1 cup mojo sauce store-bought
- 4 juice of lime juiced

- 1 tablespoon lemon pepper
- 1 tablespoon onion powder
- 2 cups orange juice
- 1 tablespoon oregano dried
- 6 sprigs oregano leaves fresh
- 14 pound pork leg fresh whole bone-in
- 1 tablespoon salt

Equipment

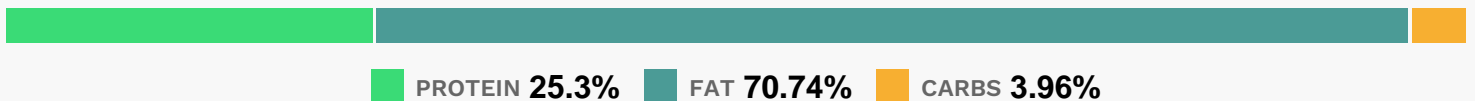
- bowl
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- mortar and pestle
- cutting board
- chefs knife

Directions

- Place the garlic cloves on a cutting board. Slice the cloves in half lengthwise and then smash with the side of a chef's knife.
- Sprinkle the salt over the garlic and chop and smear the garlic against the cutting board until it makes a paste. (This can also be done using a mortar pestle; smash the garlic halves before placing them in the mortar.)
- Add the oregano, chop it into the garlic paste and mix together.
- Put the garlic paste in a large bowl.
- Add the Adobo, Mojo, the orange and lime juices.
- Mix well to combine.

- Place the pork in a roasting pan and using a sharp knife, score the surface of the meat in a crosshatch pattern.
- Pour the marinade over the pork, being sure it gets into the incisions and penetrates the meat. Cover and marinate in the refrigerator for at least 4 hours or up to 1 day in the refrigerator, covered and turning it once or twice.
- Preheat the oven to 450 degrees F.
- Uncover the pork and allow the meat to stand at room temperature for 30 minutes before cooking.
- Roast the pork for 30 minutes. Lower the oven temperature to 350 degrees F. and continue to roast until the meat is falling apart and an instant-read thermometer reaches 160 degrees F when inserted into the thickest part of the pork. Baste with the marinade every 30 minutes. Total roasting time will be approximately 5 to 5 1/2 hours.
- Remove from oven and let it stand at room temperature 20 to 30 minutes, covered loosely with a foil, before cutting it in slices.
- Note: This recipe for adobo is a staple seasoning for many of my Latin recipes. You can make a large batch, store it in an airtight container and use it as a flavor enhancer in your favorite dishes.
- Combine all measured ingredients in a small glass jar with an airtight lid and shake to blend. Store in a cool, dry place for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:3.09, Inflammation Score:-9, Nutrition Score:46.166086580442%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 7mg, Hesperetin: 7mg, Hesperetin: 7mg, Hesperetin: 7mg Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg, Naringenin: 1.11mg Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 1742.43kcal (87.12%), Fat: 134.9g (207.53%), Saturated Fat: 50.04g (312.74%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 15.62g (5.68%), Sugar: 10.03g (11.15%), Cholesterol: 457.22mg (152.41%), Sodium: 2039.1mg (88.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 108.56g (217.12%), Vitamin B1: 4.72mg (314.39%), Selenium: 157.23µg (224.62%), Vitamin B3: 27.92mg (139.58%), Vitamin B6: 2.54mg (127.1%), Phosphorus: 1138.32mg (113.83%), Zinc: 14.18mg (94.54%), Vitamin B2: 1.53mg (90.03%), Vitamin B12: 4.45µg (74.09%), Potassium: 2007.06mg (57.34%), Vitamin B5: 4.41mg (44.1%), Vitamin C: 34.45mg (41.76%), Iron: 6.77mg (37.62%), Magnesium: 136.93mg (34.23%), Copper: 0.35mg (17.7%), Manganese: 0.34mg (17.21%), Calcium: 141.62mg (14.16%), Vitamin K: 14.5µg (13.81%), Folate: 53.28µg (13.32%), Fiber: 1.36g (5.44%), Vitamin A: 189.86IU (3.8%), Vitamin E: 0.4mg (2.67%)