



## Grilled Pork Roast

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 servings tangy barbecue sauce
- 1 tablespoon flour all-purpose
- 2 cloves garlic pressed
- 1 tablespoon olive oil
- 2 tablespoons orange juice
- 2 teaspoons oregano dried
- 1 teaspoon pepper
- 6 pound boston butt pork roast

## Equipment

- grill
- kitchen thermometer

## Directions

- Cut tiny slits in roast.
- Combine garlic and next 5 ingredients; rub on all sides of meat.
- Cover and chill 8 hours.
- Grill in a WEBER Charcoal Kettle or Genesis Gas Barbecue, covered with grill lid, over medium heat (300 to 350°F)
- 1/2 to 3 hours or until meat thermometer registers 170°F
- Serve roast with Tangy Barbecue Sauce.
- \* Substitute your favorite commercial barbecue sauce, if desired.

## Nutrition Facts

**PROTEIN 56.03%** **FAT 41.85%** **CARBS 2.12%**

## Properties

Glycemic Index:19.4, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:30.674782591022%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 380.06kcal (19%), Fat: 16.99g (26.13%), Saturated Fat: 5.64g (35.27%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.64g (0.71%), Cholesterol: 163.29mg (54.43%), Sodium: 187.52mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.18g (102.36%), Selenium: 77.13µg (110.19%), Vitamin B1: 1.53mg (102%), Vitamin B6: 1.43mg (71.63%), Vitamin B2: 1.05mg (61.97%), Zinc: 9.17mg (61.15%), Vitamin B3: 12.03mg (60.14%), Phosphorus: 553.17mg (55.32%), Vitamin B5: 4.29mg (42.86%), Vitamin B12: 2.48µg (41.28%), Potassium: 942.65mg (26.93%), Iron: 3.5mg (19.44%), Magnesium: 62.12mg (15.53%), Copper: 0.29mg (14.39%), Vitamin D:

1.63µg (10.89%), Vitamin E: 0.94mg (6.27%), Manganese: 0.1mg (4.89%), Calcium: 47.29mg (4.73%), Vitamin K:  
3.69µg (3.52%), Vitamin C: 1.9mg (2.31%), Fiber: 0.27g (1.08%)