

SIDE DISH

# Hawaiian Roasted Pork

14 September 2026

| TOTAL TIME | PREP   | COOK    | SERVES | PER SERVING | CALORIES |
|------------|--------|---------|--------|-------------|----------|
| 195 min    | 15 min | 180 min | 10     | \$1.40      | 136 kcal |

Need a gluten free, dairy free, and fodmap friendly side dish? Hawaiian Roasted Pork could be an amazing recipe to try. One serving contains 184 calories, 10g of protein, and 5g of fat. This recipe serves 10 and costs \$1.4 per serving. This recipe from Foodnetwork has 1 fans.

## Ingredients

- ☐ 10 banana leaves, wet
- ☐ 2 tablespoons Macadamia nut oil
- ☐ 2 tablespoons ground black pepper
- ☐ 1 tablespoon all-natural liquid smoke flavoring
- ☐ 1 teaspoon water, plus 1/2 cup
- ☐ 1 stalk sugar cane, split in half lengthwise
- ☐ 3 tablespoons Hawaiian or coarse salt
- ☐ ½ cup guava jam, prepared
- ☐ 2 boneless pork rump roasts, about 3 pounds each

EQUIPMENT Bowl, Whisk, Grill, Aluminum foil

## Method

- 1

Season the pork roasts all over with salt and pepper. Prepare an outdoor barbecue by soaking mesquite wood chips in water and adding to the coals for added flavor. Sear the pork on the hot grill to lock in the natural juices.
- 2

Whisk together guava jam, oil, and 1 teaspoon of water. Season with fresh cracked pepper. Rub the pork with guava paste. Set 2 wide pieces of heavy-duty aluminum foil on a flat surface.

- 3 Lay 5 banana leaves on each piece of foil in a crisscross pattern, then place the pork roasts on top. Fold the banana leaves up around the roasts to make a bundle. Insert a sugar cane spear through the banana leaves and into the pork to secure. Tent the foil over the roasts and seal 3 of the sides to form a pouch.
- 4 Mix liquid smoke and remaining water together in a small bowl, pour it into the pouch. Close up the remaining edge of foil to lock in the moisture and flavor.
- 5 Transfer back to the hot grill. Roast for 2 1/2 to 3 hours with the grill cover down. When the pork is cool enough to handle, shred using 2 forks.

### Nutrition per serving

**136**

KCAL

**10 g**

PROTEIN

**5 g**

FAT

**13 g**

CARBS

|               |                               |
|---------------|-------------------------------|
| Saturated Fat | 1 g · 6% of daily needs       |
| Fibre         | 0.5 g · 2% of daily needs     |
| Sugar         | 8.4 g · 9% of daily needs     |
| Sodium        | 2,128 mg · 93% of daily needs |
| Cholesterol   | 27.6 mg · 9% of daily needs   |
| Vitamin C     | 1.5 mg · 2% of daily needs    |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/hawaiian-roasted-pork-142484](https://whatsheate.com/hawaiian-roasted-pork-142484)