



HEALTH SCORE

69%

Hot Slow-Roasted Pork, Onion, and Mozzarella Sandwiches



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 1 tablespoon cornstarch
- ☐ 10 crusty rolls split toasted
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons rosemary dried
- ☐ 1 teaspoon rubbed sage dried
- ☐ 1 teaspoon fennel seeds with pestle or spice grinder

- ☐ 1.5 pounds mozzarella cheese fresh thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 large garlic cloves
- ☐ 0.5 pound bell peppers green seeded cut into 1/2-inch-wide strips
- ☐ 1 teaspoon ground pepper black
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound onions halved cut into 1/4-inch-thick slices
- ☐ 2 teaspoons oregano dried
- ☐ 9 pound boston butt pork shoulder whole with bone
- ☐ 1 pound bell peppers red seeded cut into 1/2-inch-wide strips
- ☐ 1 tablespoon red wine vinegar

Equipment

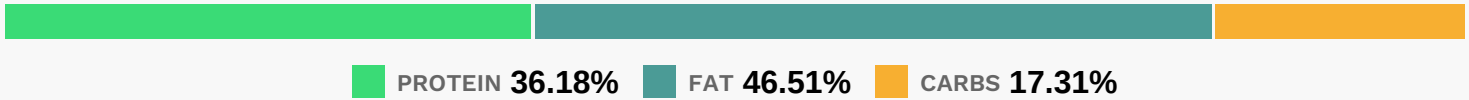
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Chop garlic on work surface.
- ☐ Sprinkle with 1 1/2 teaspoons kosher salt and mince until paste forms.

- ☐ Transfer paste to small bowl; mix in parsley and next 7 ingredients. Using small sharp knife, make 20 evenly spaced 1-inch-long, 2-inch-deep slits in pork. Stuff seasoning mixture into slits.
- ☐ Sprinkle outside of pork with salt and pepper.
- ☐ Let stand 1 hour for seasonings to penetrate.
- ☐ Position rack in bottom third of oven and preheat to 325°F.
- ☐ Place rack in large roasting pan; place pork on rack. Roast until thermometer inserted into thickest part registers 170°F, about 4 1/2 hours.
- ☐ Let pork rest 30 minutes.
- ☐ Transfer to work surface. Maintain oven temperature; reserve roasting pan.
- ☐ Thickly slice pork off bone. Coarsely chop or tear slices and place in large baking dish; cover with foil.
- ☐ Pour juices from roasting pan into 4-cup measuring cup. Spoon off fat. If necessary, add enough water to degreased juices to measure 2 cups. Stir 2 tablespoons juices and cornstarch in small saucepan until cornstarch dissolves; whisk in remaining juices and vinegar.
- ☐ Whisk over medium heat until sauce boils and thickens, about 2 minutes. Season to taste with salt and pepper.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add onions and all peppers; sauté until vegetables are tender and brown, stirring occasionally, about 30 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Arrange roll bottoms on work surface; mound with warm pork and drizzle with sauce. Cover with cheese, vegetables, and roll tops.
- ☐ Serve warm.
- ☐ The pork, sauce, and vegetables can be made one day ahead. Cover and refrigerate everything separately. Before serving, reheat pork, covered, in 350°F oven about 40 minutes; rewarm sauce and vegetables over medium heat.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:45.740434625874%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg, Quercetin: 9.84mg

Nutrients (% of daily need)

Calories: 771.86kcal (38.59%), Fat: 39.34g (60.52%), Saturated Fat: 16.17g (101.07%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 28.99g (10.54%), Sugar: 5.25g (5.84%), Cholesterol: 220.6mg (73.53%), Sodium: 1217.61mg (52.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.87g (137.74%), Vitamin B1: 2.51mg (167.38%), Selenium: 97.53µg (139.33%), Vitamin C: 84.09mg (101.93%), Phosphorus: 814.87mg (81.49%), Zinc: 10.48mg (69.87%), Vitamin B2: 1.17mg (68.77%), Vitamin B6: 1.34mg (66.89%), Vitamin B3: 13.26mg (66.32%), Vitamin B12: 3.64µg (60.72%), Calcium: 452.64mg (45.26%), Vitamin A: 2117.24IU (42.34%), Vitamin K: 39.98µg (38.08%), Potassium: 1182.01mg (33.77%), Iron: 5.41mg (30.07%), Manganese: 0.53mg (26.55%), Vitamin B5: 2.58mg (25.81%), Folate: 101.56µg (25.39%), Magnesium: 91.59mg (22.9%), Copper: 0.37mg (18.29%), Fiber: 3.96g (15.82%), Vitamin E: 1.78mg (11.88%), Vitamin D: 0.27µg (1.81%)