



Lechon Liempo (Filipino-style Roasted Pork Belly)

 Gluten Free

READY IN



210 min.

SERVINGS



10

CALORIES



1326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 10 servings canned tomatoes split
- ☐ 2 tablespoons garlic minced
- ☐ 10 servings disposable grill pan
- ☐ 4 tablespoons olive oil
- ☐ 1 bacon
- ☐ 5 lb pork belly

- ☐ 2 tablespoons salt
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ In a small bowl, whisk together oil, garlic, salt, vinegar, and black pepper.
- ☐ Lay pork belly on a cutting board skin-side down. Score flesh diagonally about every 2-inches. Repeat in opposite direction, creating a diamond pattern.
- ☐ Spread garlic mixture evenly all over flesh.
- ☐ Roll pork into a cylinder and tie tightly with butcher twine about every inch.
- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on either side of the charcoal grate and place a foil pan between the two piles of coals. Cover grill and allow to preheat for 5 minutes. Run spit of the rotisserie through middle of pork and secure ends with rotisserie forks.
- ☐ Place on the rotisserie, cover, and cook at medium heat until skin has darkened and crisped and pork registers 160°F when an instant read thermometer is inserted into the thickest part of the meat, about 3 hours, replenishing coals to maintain temperature as needed.
- ☐ Remove from grill and let rest for 10 minutes.
- ☐ Remove spit, slice, and serve.

Nutrition Facts



 PROTEIN **8.56%**  FAT **91.12%**  CARBS **0.32%**

Properties

Glycemic Index:11.2, Glycemic Load:0.2, Inflammation Score:1, Nutrition Score:15.292608743938%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1326.46kcal (66.32%), Fat: 133.51g (205.39%), Saturated Fat: 49.82g (311.35%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.19g (0.21%), Cholesterol: 164.09mg (54.7%), Sodium: 1843.34mg (80.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.41%), Vitamin B1: 0.91mg (60.41%), Vitamin B3: 10.64mg (53.19%), Vitamin B2: 0.55mg (32.54%), Vitamin B12: 1.91µg (31.9%), Calcium: 317.41mg (31.74%), Selenium: 18.81µg (26.87%), Phosphorus: 251.19mg (25.12%), Vitamin B6: 0.32mg (16.01%), Zinc: 2.36mg (15.77%), Potassium: 435.67mg (12.45%), Vitamin E: 1.7mg (11.33%), Iron: 1.3mg (7.23%), Copper: 0.13mg (6.5%), Vitamin B5: 0.6mg (6.05%), Manganese: 0.1mg (4.8%), Vitamin K: 4.05µg (3.86%), Magnesium: 10.46mg (2.61%), Vitamin C: 1.2mg (1.45%)