



Lime and Chile Roasted Pork Shoulder

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

READY IN



820 min.

SERVINGS



10

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 chipotle chile in adobo plus 2 tablespoons adobo sauce
- 2 cinnamon sticks
- 2 tablespoons coriander seeds
- 2 teaspoons cumin seeds
- 10 cloves garlic
- 10 servings kosher salt and pepper freshly ground
- 1 cup juice of lime fresh
- 4 lime zest fresh

- 0.8 cup olive oil extra-virgin
- 1 cup orange juice fresh
- 6 pound boston butt pork shoulder bone-in
- 2 scallions white green sliced (and parts)

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- pot
- sieve
- plastic wrap
- kitchen thermometer
- dutch oven
- cutting board

Directions

- Pulse the garlic, scallions, coriander, chipotle chile, cumin, 2 tablespoons salt, and 1 teaspoon pepper in a food processor or mini-chopper to make a thick paste. If the butcher didn't trim the fat cap on the pork shoulder, trim off all but a thin layer of fat. Make deep incisions with a paring knife, at about 2-inch intervals, all over the meat. Rub the garlic and spice mixture into and all over the meat.
- Combine the lime zest and juice, orange juice, adobo sauce, olive oil, and cinnamon in a nonreactive stainless steel or glass bowl.
- Add the meat, cover tightly with plastic wrap, making sure the meat is submerged. Refrigerate for at least 8 hours or up 2 days. Bring to room temperature about 1 hour before roasting.
- Preheat the oven to 450 degrees F.

- Put the pork, fat-side up, in a large Dutch oven. Roast the meat, uncovered, for 30 minutes.
- Add the marinade to the pot and cover with the lid. Lower the temperature to 350 degrees F and roast for 2 hours more. Uncover and continue to cook, basting occasionally, until an instant read thermometer inserted into the meat registers 190 degrees F and the meat is a rich burnished brown, 1 1/2 to 2 hours more. Set aside on a cutting board to rest for 20 minutes before slicing.
- For the sauce: Strain the pan drippings through a fine mesh sieve into a gravy separator and discard all excess fat. In a small saucepan, mix the pan drippings with 1/2 cup water and bring to a vigorous boil. Slice the meat and serve with the pan drippings.

Nutrition Facts

PROTEIN 49.32%

FAT 41.04%

CARBS 9.64%

Properties

Glycemic Index:15.6, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:34.274782460669%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 16.66mg, Hesperetin: 16.66mg, Hesperetin: 16.66mg, Hesperetin: 16.66mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 425.58kcal (21.28%), Fat: 19.2g (29.53%), Saturated Fat: 5.92g (37%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.14g (2.96%), Sugar: 3.16g (3.51%), Cholesterol: 163.29mg (54.43%), Sodium: 374.02mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.9g (103.79%), Selenium: 77.65µg (110.93%), Vitamin B1: 1.57mg (104.49%), Vitamin B6: 1.49mg (74.5%), Vitamin B2: 1.07mg (63.01%), Zinc: 9.33mg (62.2%), Vitamin B3: 12.21mg (61.05%), Phosphorus: 574.19mg (57.42%), Vitamin B5: 4.42mg (44.22%), Vitamin B12: 2.48µg (41.28%), Vitamin C: 29.11mg (35.29%), Potassium: 1069.42mg (30.55%), Iron: 4.13mg (22.93%), Magnesium: 72.57mg (18.14%), Copper: 0.34mg (16.96%), Manganese: 0.25mg (12.72%), Vitamin D: 1.63µg (10.89%), Vitamin E: 1.29mg (8.58%), Fiber: 2g (8.02%), Calcium: 78.2mg (7.82%), Vitamin K: 7.54µg (7.18%), Folate: 13.71µg (3.43%), Vitamin A: 106.52IU (2.13%)