



Lisu Spice-Rubbed Roast Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



238 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pounds pork butt boneless thick
- ☐ 1.5 teaspoons chop roasted peanuts
- ☐ 2 teaspoons nutmeg freshly grated
- ☐ 1 teaspoon salt

Equipment

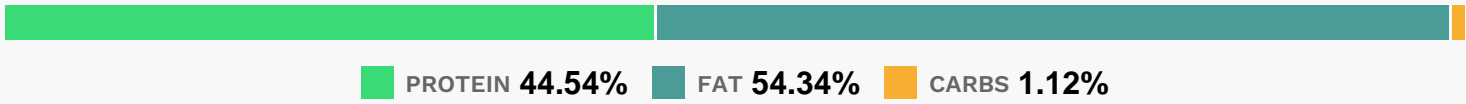
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ grill

Directions

- ☐ Place a rack in the center of the oven and preheat the oven to 350°F. Use a little of the lard or bacon drippings to grease the bottom of a roasting pan.
 - ☐ Rinse off the meat and dry thoroughly. Set aside.
 - ☐ Put all the spices and the salt in a small bowl and stir to mix well. Use your fingertips to rub the spice blend all over the meat.
 - ☐ Place the meat in the roasting pan with its largest surface facing up. With your fingers or a spoon, dab the remaining lard or drippings all over the top of the meat.
 - ☐ Roast for 50 minutes to 1 hour, until cooked through (timing will vary with the thickness of the meat; if it is 2 inches at its thickest point, it will take closer to an hour).
 - ☐ Remove and let stand for 5 minutes.
 - ☐ Thinly slice the meat. If you wish, deglaze the pan with a little water and pour the pan gravy over the slices of meat.
- Grilled Spice-Rubbed Pork: You can come closer to the original fire-cooked pork of the Lisu if you cook the meat over a charcoal grill. Use pork butt or loin cut crosswise into 3/4- to 1-inch-thick slabs. Rub on both sides with the spice blend, then grill slowly (over medium heat), turning the meat once partway through, and basting it with a little lard or oil to keep it moist, until it is cooked through (20 to 30 minutes). Thinly slice before serving.

Nutrition Facts



Properties

Glycemic Index:20.4, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:15.612174047319%

Nutrients (% of daily need)

Calories: 238.08kcal (11.9%), Fat: 13.94g (21.44%), Saturated Fat: 5.16g (32.25%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.26g (0.29%), Cholesterol: 86.97mg (28.99%), Sodium: 564.57mg (24.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Selenium: 38.45µg (54.93%), Vitamin B1: 0.76mg (50.88%), Vitamin B6: 0.71mg (35.68%), Vitamin B2: 0.52mg (30.86%), Zinc: 4.62mg (30.77%), Vitamin B3: 6.07mg (30.34%), Phosphorus: 279.08mg (27.91%), Vitamin B5: 2.14mg (21.44%), Vitamin B12: 1.24µg (20.64%), Potassium: 470.66mg (13.45%), Iron: 1.69mg (9.39%), Magnesium: 32.82mg (8.21%), Copper: 0.15mg (7.63%), Vitamin D: 0.96µg (6.38%), Manganese: 0.08mg (4%), Vitamin E: 0.39mg (2.61%), Calcium: 22.04mg (2.2%), Fiber: 0.27g (1.07%)