



## Marinated Roast Pork with Cilantro Potatoes

 Gluten Free  Dairy Free

READY IN



690 min.

SERVINGS



6

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds boston butt pork shoulder boneless (butt)
- 0.3 teaspoon cayenne
- 1 cup cider vinegar
- 3 tbsp cilantro leaves chopped
- 1 cup cooking wine dry white
- 8 garlic cloves chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin

- 0.3 cup kalamata olives
- 1 tablespoon kosher salt
- 1.5 tsp kosher salt divided
- 2 teaspoons juice of lemon
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon pepper
- 6 servings fatty pork
- 6 servings potatoes
- 2 pounds thin-skinned potatoes peeled cut into 1 1/2- to 2-in. chunks

## Equipment

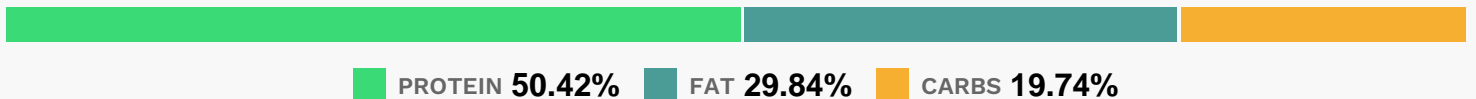
- bowl
- frying pan
- sauce pan
- oven
- sieve
- roasting pan
- aluminum foil
- ziploc bags

## Directions

- Cut into 1 1/2-in. chunks, trimming large pieces of fat (leave some, or pork will be dry). Put meat in a 1-gal. resealable plastic bag; set in a deep bowl.
- Mix remaining pork ingredients and 2 cups water.
- Pour into bag; seal. Chill overnight.
- Preheat oven to 35
- Pour meat and marinade into a strainer set over a bowl.
- Spread meat in a roasting pan and add 1 cup marinade (discard the rest). Seal pan with foil.
- Bake 1 hour. Uncover (it will be juicy).

- Bake 1 hour more, turning meat twice. Spoon out all but about 1/2 cup liquid.
- Bake, turning meat twice, until browned and crisp at edges, 30 more minutes. Meanwhile, start potatoes.
- Make potatoes: Simmer them in a large covered saucepan with 1 tsp. salt and water to cover until tender, 15 minutes.
- Drain, return to pan, and cook over low heat until dry, stirring gently a couple of times, 1 to 2 minutes.
- Combine remaining 1/2 tsp. salt and other potato ingredients in a large bowl. Stir in potatoes.
- Arrange meat and potatoes in a shallow serving bowl. Scatter more cilantro on top. Season with salt to taste.

## Nutrition Facts



### Properties

Glycemic Index:44.96, Glycemic Load:0.84, Inflammation Score:-6, Nutrition Score:40.033043317173%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

### Nutrients (% of daily need)

Calories: 616.02kcal (30.8%), Fat: 18.88g (29.04%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 24.82g (9.02%), Sugar: 2.64g (2.93%), Cholesterol: 182.16mg (60.72%), Sodium: 2029.32mg (88.23%), Alcohol: 4.12g (100%), Alcohol %: 0.93% (100%), Protein: 71.79g (143.57%), Vitamin B3: 30.97mg (154.85%), Vitamin B1: 2.1mg (139.93%), Vitamin B6: 2.52mg (126.25%), Selenium: 79.95µg (114.22%), Vitamin B2: 1.47mg (86.6%), Phosphorus: 810.56mg (81.06%), Potassium: 1941.41mg (55.47%), Zinc: 6.61mg (44.05%), Vitamin B12: 2.64µg (43.96%), Vitamin B5: 3.45mg (34.5%), Magnesium: 125.17mg (31.29%), Manganese: 0.53mg (26.67%), Iron: 4.73mg (26.26%), Copper: 0.47mg (23.72%), Vitamin C: 15.41mg (18.68%), Fiber: 3.29g (13.15%), Vitamin E: 1.54mg (10.26%), Vitamin K: 9.92µg (9.45%), Folate: 28.75µg (7.19%), Calcium: 66.28mg (6.63%), Vitamin A: 90.79IU (1.82%)