



Mojo Marinated Pork

 Gluten Free

READY IN



205 min.

SERVINGS



8

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds boston butt pork shoulder bone-in trimmed
- 0.5 cup brown sugar light
- 3 tablespoons cilantro leaves chopped
- 0.5 cup rum dark
- 8 cloves garlic
- 12 cloves garlic coarsely chopped
- 0.3 cup juice of lime
- 1.3 cups juice of lime fresh divided

- 1 lime zest
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 cup olive oil
- 0.5 cup orange juice
- 4.5 cups orange juice fresh divided
- 1 orange zest
- 0.5 cup oregano fresh divided finely chopped
- 3 slices over-ripe plantain ripe peeled sliced
- 8 servings salt
- 8 servings pepper black freshly ground
- 1 serrano chiles chopped
- 4 tablespoons butter unsalted

Equipment

- frying pan
- sauce pan
- oven
- knife
- whisk
- roasting pan
- kitchen thermometer
- mortar and pestle

Directions

- Combine 4 cups of the orange juice and 1 cup of the lime juice and zest in a large saucepan over high heat and reduce to 2 cups.
- Remove from the heat and stir in the remaining orange juice and lime juice add a few cloves of garlic and 1/4 cup of the oregano.
- Let cool to room temperature.

- Using a paring knife, make small slits over the entire surface of the pork and rub the garlic into the slashes.
- Whisk together the oil and remaining 1/4 cup of the oregano in a large roasting pan, add the pork and turn to coat, cover and let marinate in the refrigerator for at least 4 hours and up to 24 hours.
- Preheat the oven to 425 degrees F.
- Remove the pork from the refrigerator 30 minutes before roasting. Season the pork with salt and pepper and cook for 30 minutes. Reduce the heat to 375 degrees F and continue roasting, basting with the marinade during the last 30 minutes of roasting until golden brown and an instant-read thermometer inserted into the center reaches 150 degrees F.
- Remove from the oven, baste with any remaining glaze, tent loosely and let rest 15 minutes before slicing.
- Serve the pork with the Mojo Dipping Sauce and the Plantains with Rum and Brown Sugar.
- Using a mortar and pestle, mash the garlic, serrano, cilantro and a few pinches of salt until it becomes a paste.
- Add the orange juice, lime juice and oil and stir to combine.
- Heat butter in a large saute pan over high heat.
- Add the sugar and cook until melted.
- Add the plantains and cook until soft and heated through.
- Remove pan from the heat, add the rum, return to the heat and cook until the alcohol has reduced.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:9.18, Inflammation Score:-10, Nutrition Score:27.985217516837%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 26.19mg, Hesperetin: 26.19mg, Hesperetin: 26.19mg, Hesperetin: 26.19mg Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg, Naringenin: 3.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin:
0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 530.55kcal (26.53%), Fat: 25.54g (39.29%), Saturated Fat: 8.42g (52.59%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 37.1g (13.49%), Sugar: 27.56g (30.63%), Cholesterol: 107.74mg (35.91%), Sodium: 308.77mg (13.42%), Alcohol: 5.01g (100%), Alcohol %: 1.52% (100%), Protein: 29.26g (58.52%), Vitamin C: 99.55mg (120.67%), Vitamin B1: 1.4mg (93.37%), Selenium: 42.51µg (60.73%), Vitamin B6: 0.8mg (39.76%), Vitamin B3: 6.86mg (34.29%), Phosphorus: 333.38mg (33.34%), Zinc: 4.66mg (31.07%), Vitamin B2: 0.52mg (30.54%), Potassium: 941.07mg (26.89%), Vitamin K: 26.26µg (25.01%), Vitamin B12: 1.17µg (19.57%), Iron: 3.51mg (19.52%), Manganese: 0.35mg (17.49%), Folate: 67.12µg (16.78%), Vitamin B5: 1.62mg (16.16%), Magnesium: 62.43mg (15.61%), Vitamin E: 2.27mg (15.14%), Copper: 0.28mg (13.83%), Calcium: 123.38mg (12.34%), Vitamin A: 600.04IU (12%), Fiber: 2.38g (9.52%)