



Nigel Slater's Crisp Pork Belly, Sweet Peach Salsa

 Gluten Free  Dairy Free

READY IN



720 min.

SERVINGS



4

CALORIES



1373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 five spice powder chinese
- 8 cherry tomatoes
- 1 small bunch cilantro leaves
- 0.5 teaspoon pepper dried
- 3 cloves garlic
- 2 spring onion
- 2 juice of lime

- 2 tablespoons soy sauce light
- 3 tablespoons olive oil
- 3 peaches
- 1 tablespoon vegetable oil; peanut oil preferred
- 2 pounds pork belly finely
- 1 small to 5 chilies red
- 2 teaspoons salt

Equipment

- oven
- roasting pan

Directions

- Put the pork in a china or glass dish. Peel and crush the garlic to a paste, stirring in the soy, oil, salt, chile flakes, and five-spice powder.
- Spread this paste over the skin and underside of the pork and leave it to marinate for a good four hours, if not overnight.
- Preheat the oven to 425°F (220°C).
- Place the pork in a roasting pan, then cook, skin-side up, for about twenty minutes. Lower the heat to 400°F (200°C) and continue cooking for a further forty to fifty minutes, until the skin is dark and crisp. Leave to rest for ten minutes before carving.
- Make the salsa. Trim and finely chop the green onions. Finely chop the chile. Peel, pit, and finely chop the peaches and tomatoes and chop the cilantro. Toss gently, then dress with the lime juice and olive oil.
- Serve the pork with the salsa.

Nutrition Facts

 **PROTEIN 7.01%**  **FAT 88.06%**  **CARBS 4.93%**

Properties

Glycemic Index:49.81, Glycemic Load:4.64, Inflammation Score:-6, Nutrition Score:22.515217200569%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 1372.86kcal (68.64%), Fat: 134.74g (207.3%), Saturated Fat: 45.93g (287.03%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 14.38g (5.23%), Sugar: 11.49g (12.76%), Cholesterol: 163.29mg (54.43%), Sodium: 1764.34mg (76.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin B1: 0.97mg (64.34%), Vitamin B3: 12.25mg (61.25%), Vitamin C: 36.14mg (43.8%), Vitamin B2: 0.63mg (37.08%), Vitamin B12: 1.91µg (31.75%), Phosphorus: 306.32mg (30.63%), Selenium: 21.26µg (30.37%), Vitamin K: 31.26µg (29.77%), Vitamin E: 4.25mg (28.32%), Vitamin B6: 0.47mg (23.59%), Potassium: 748.62mg (21.39%), Vitamin A: 940.17IU (18.8%), Zinc: 2.79mg (18.58%), Copper: 0.28mg (14.19%), Iron: 2.5mg (13.91%), Manganese: 0.26mg (12.77%), Fiber: 2.61g (10.44%), Vitamin B5: 0.9mg (9.05%), Magnesium: 31.63mg (7.91%), Folate: 24.39µg (6.1%), Calcium: 38.05mg (3.81%)