

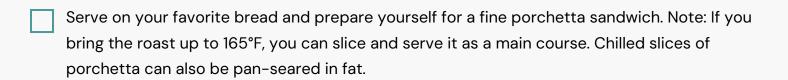
# **Olympic Provisions' Porchetta Sandwich**



## **Ingredients**

6 bay leaves
2 tablespoons peppercorns black
4 servings chicken
2 tablespoons pepper
2 tablespoons fennel seeds
0.5 cup granulated sugar white
1 cup kosher salt
2 tablespoons olive oil

	2 pound pork belly skinless
	0.5 pound ground sausage italian
	1 gallon water
Equipment	
	frying pan
	oven
	pot
	roasting pan
	aluminum foil
	kitchen twine
Directions	
	Combine water, salt, sugar, bay leaves, peppercorns, fennel seed, and chile flakes in large pot and bring to a boil. Cool to room temperature. Submerge belly in the brine and refrigerate for 24 hours.
	Drain off brine.
	Spoon 1/2 to 3/4 pound loose Italian sausage of your liking down the center of the belly.
	Roll the belly up tightly around the sausage and tie into a roast with kitchen twine.
	Preheat the oven to 350°F.
	Heat a wide, heavy-bottomed pan or wide pot over medium-high heat and add about 2 tablespoons of olive oil to coat the bottom of the pan.
	Place the porchetta roast in the pan and sear well on all sides, browning evenly. When roast is seared, place it in a roasting pan and tent loosely with foil.
	Place the pan in the oven and roast until the porchetta reaches an internal temperature of 135°F. Take out of the oven and cool. Chill thoroughly in the refrigerator overnight.
	Slice the chilled porchetta into desired thickness.
	Heat slices in 1 or 2 inches of chicken or meat broth or lightly salted water, until slices are cooked through, tender, and delicious.



### **Nutrition Facts**

PROTEIN 11.36% 📕 FAT 81.49% 📙 CARBS 7.15%

#### **Properties**

Glycemic Index:32.52, Glycemic Load:18.17, Inflammation Score:-7, Nutrition Score:33.592173845872%

#### **Flavonoids**

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

#### **Nutrients** (% of daily need)

Calories: 1796.99kcal (89.85%), Fat: 162.6g (250.15%), Saturated Fat: 56.06g (350.36%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 28.24g (10.27%), Sugar: 25.27g (28.08%), Cholesterol: 287.74mg (95.91%), Sodium: 28973.3mg (1259.71%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 50.98g (101.97%), Vitamin B3: 20.47mg (102.33%), Vitamin B1: 1.31mg (87.53%), Selenium: 49.11µg (70.16%), Manganese: 1.05mg (52.75%), Phosphorus: 519.6mg (51.96%), Vitamin B2: 0.84mg (49.23%), Vitamin B6: 0.96mg (47.98%), Vitamin B12: 2.76µg (45.96%), Zinc: 5.27mg (35.12%), Vitamin A: 1401.23IU (28.02%), Potassium: 970.52mg (27.73%), Iron: 4.92mg (27.31%), Copper: 0.53mg (26.48%), Vitamin E: 3.8mg (25.3%), Vitamin B5: 1.96mg (19.62%), Magnesium: 75.14mg (18.78%), Vitamin K: 18.25µg (17.38%), Fiber: 3.89g (15.56%), Calcium: 152.19mg (15.22%), Vitamin C: 4.28mg (5.19%), Folate: 15.55µg (3.89%), Vitamin D: 0.22µg (1.45%)