

# Pernil Asado

 Gluten Free  Dairy Free

READY IN



780 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 large banana leaves frozen
- 2 teaspoons pepper black freshly ground
- 4 pound boston butt pork shoulder bone-in (also known as pork butt)
- 0.5 bunch cilantro leaves fresh
- 0.5 cup garlic peeled coarsely chopped (from 1 medium head)
- 3 tablespoons kosher salt
- 0.3 cup juice of lemon freshly squeezed (from 2 to 3 medium)
- 0.8 cup olive oil

- 0.3 cup orange juice sour freshly squeezed (from 2 medium)
- 1 tablespoon oregano dried
- 0.8 cup vegetable oil
- 0.8 cup water

## Equipment

- bowl
- frying pan
- paper towels
- oven
- ziploc bags
- dutch oven

## Directions

- Combine the salt, oregano, and pepper in a small bowl. Rinse the pork with cold water and pat dry with paper towels. Make 3 to 4 horizontal incisions through the fat, cutting until you hit the flesh. Rub the pork all over with the salt mixture.
- Place in a large resealable plastic bag, add the marinade, and turn the pork to coat. Seal the bag and refrigerate, turning occasionally, for 12 to 24 hours.
- Heat the oven to 350°F and arrange a rack in the middle.
- Cut the banana leaf in half horizontally and overlap the two pieces of leaf so that they roughly form a rectangle about 2 feet long and 1 foot wide.
- Remove the pork from the marinade and place it on the banana leaves so that the short and long ends of the pork and the leaves match. Fold in the left and right sides of the leaves and roll up the pork like a burrito to completely encase the meat.
- Place the wrapped pork seam-side down in a Dutch oven or other large, heavy-bottomed pot with a tightfitting lid.
- Add the water, cover, and bake until the meat is fork tender, about 2 to 3 hours. Unwrap the pork, place it in a bowl, and, using two forks, shred it into bite-size pieces. If the meat is dry, add pan juices as needed and stir to combine.
- Serve with rice and beans.

# Nutrition Facts

PROTEIN 37.8% FAT 55.51% CARBS 6.69%

## Properties

Glycemic Index:18.88, Glycemic Load:1.27, Inflammation Score:-6, Nutrition Score:18.835652061131%

## Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 297.54kcal (14.88%), Fat: 18.14g (27.9%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.96g (1.07%), Cholesterol: 92.69mg (30.9%), Sodium: 2724.58mg (118.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.57%), Vitamin B1: 1.25mg (83.38%), Selenium: 42.1µg (60.14%), Vitamin B6: 0.69mg (34.74%), Vitamin B3: 6.05mg (30.26%), Zinc: 4.48mg (29.9%), Phosphorus: 296.35mg (29.63%), Vitamin B2: 0.45mg (26.6%), Vitamin B12: 1.16µg (19.37%), Potassium: 546.9mg (15.63%), Vitamin K: 16.36µg (15.58%), Manganese: 0.26mg (13.23%), Vitamin C: 10.73mg (13.01%), Vitamin B5: 1.23mg (12.28%), Iron: 2.19mg (12.15%), Copper: 0.18mg (9.08%), Magnesium: 35.45mg (8.86%), Vitamin E: 1.07mg (7.14%), Calcium: 50.92mg (5.09%), Folate: 12.9µg (3.22%), Fiber: 0.62g (2.49%), Vitamin A: 72.13IU (1.44%)