



Porchetta

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



12

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon dill seeds
- 1 tablespoon fennel seeds
- 8 cloves garlic chopped
- 1 lemon zest
- 0.3 cup olive oil
- 1 tablespoon cracked pepper black
- 1 pork belly with skin on, large enough to wrap around the shoulder, es across, 20–24 inches long and 1 1/2 inches thick

- 1 boston butt pork shoulder cut into the shape of a cylinder 3 inches diameter and 12 inches long, 2 pounds
- 1 teaspoon pepper flakes red
- 2 tablespoons rosemary chopped
- 2 tablespoons sage chopped
- 2 teaspoons salt

Equipment

- oven
- kitchen twine

Directions

- Marinate the pork shoulder in the olive oil, garlic, rosemary, sage, lemon, salt and pepper in a zip lock bag in the fridge over night.
- Cut diagonal criss-crossing lines across the fat side of the pork belly. Cure the meat side of the pork belly in the brown sugar, fennel seeds, dill seeds, red pepper flakes, salt and pepper, wrap in plastic and let sit in the fridge overnight. Pull the pork shoulder and belly out of the fridge an hour before you intend to start roasting. Wrap the pork belly around the shoulder with the skin side out and tie everything up with butchers twine. Roast in a 400F preheated oven for 30 minutes then reduce the temperature to 250F and continue roasting until the pork reaches an internal temperature of 140F.
- Let the porchetta rest for 30 minutes before carving.

Nutrition Facts

 **PROTEIN 14.79%**  **FAT 81.86%**  **CARBS 3.35%**

Properties

Glycemic Index:11, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:22.739565315454%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 791.64kcal (39.58%), Fat: 71.47g (109.95%), Saturated Fat: 24.88g (155.49%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.78g (2.1%), Sugar: 4.5g (5%), Cholesterol: 143.38mg (47.79%), Sodium: 499.27mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.11%), Copper: 3.21mg (160.42%), Vitamin B1: 1.28mg (85.21%), Selenium: 36.75µg (52.5%), Vitamin B3: 9.3mg (46.52%), Vitamin B2: 0.57mg (33.82%), Phosphorus: 317.82mg (31.78%), Vitamin B12: 1.73µg (28.78%), Vitamin B6: 0.57mg (28.6%), Zinc: 4.17mg (27.79%), Potassium: 571.48mg (16.33%), Manganese: 0.27mg (13.52%), Iron: 2.28mg (12.68%), Vitamin B5: 1.08mg (10.76%), Magnesium: 31.77mg (7.94%), Vitamin E: 1.16mg (7.74%), Calcium: 54.86mg (5.49%), Vitamin K: 3.74µg (3.56%), Vitamin C: 2.77mg (3.36%), Fiber: 0.81g (3.23%), Folate: 7.12µg (1.78%), Vitamin A: 80.84IU (1.62%)