

Porchetta Italiana



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons browning sauce
- ☐ 0.3 cup dill weed fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 2 tablespoons ground pepper black
- ☐ 0.3 cup olive oil
- ☐ 6 pounds boned pork shoulder with skin intact, butterflied
- ☐ 0.3 cup red wine

☐ 2 tablespoons salt

Equipment

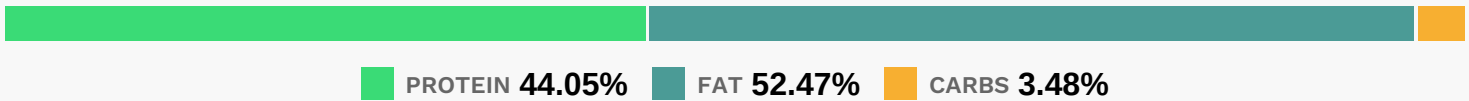
☐ oven

☐ aluminum foil

Directions

- ☐ Oil the shoulder roast inside and out and rub the salt and pepper into the flesh. Rub the garlic, rosemary and dillweed into the flesh. Put shoulder into a leakproof and container and pour the wine in and around the shoulder. Cover tightly and place in the refrigerator to marinate for 3 days.
- ☐ Remove the meat from the refrigerator and tie it at about 1 inch intervals to form an even roll. Bring the meat to room temperature for about 45 minutes. Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Paint the roast with browning sauce and bake the roast until it has internal temperature of 145 degrees F (63 degrees C). Estimate 30 minutes cooking time per pound.
- ☐ Remove from oven, tent with foil and let stand for 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:24.229565319808%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg, Malvidin: 1.04mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg
Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 392.83kcal (19.64%), Fat: 21.67g (33.34%), Saturated Fat: 6.1g (38.09%), Carbohydrates: 3.23g (1.08%),
Net Carbohydrates: 2.7g (0.98%), Sugar: 1.2g (1.34%), Cholesterol: 139.04mg (46.35%), Sodium: 1915.22mg
(83.27%), Alcohol: 0.8g (100%), Alcohol %: 0.42% (100%), Protein: 40.94g (81.88%), Vitamin B1: 1.84mg (122.8%),
Selenium: 61.63µg (88.04%), Vitamin B6: 0.9mg (45.11%), Vitamin B3: 8.95mg (44.74%), Zinc: 6.59mg (43.95%),
Phosphorus: 428.02mg (42.8%), Vitamin B2: 0.66mg (39.07%), Vitamin B12: 1.74µg (29.05%), Potassium: 760.73mg
(21.74%), Vitamin B5: 1.75mg (17.52%), Iron: 2.93mg (16.29%), Manganese: 0.29mg (14.58%), Magnesium: 48.91mg
(12.23%), Copper: 0.23mg (11.69%), Vitamin E: 0.99mg (6.6%), Vitamin K: 6.59µg (6.27%), Calcium: 46.16mg
(4.62%), Vitamin C: 3.72mg (4.51%), Folate: 13.52µg (3.38%), Vitamin A: 148.99IU (2.98%), Fiber: 0.53g (2.11%)