



Porchetta-Style Roast Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons peppercorns black
- ☐ 5.5 pound pork shoulder boneless with thin layer left intact fat trimmed (Boston butt)
- ☐ 1 tablespoon kosher salt
- ☐ 1 cup wine dry white
- ☐ 2 tablespoons fennel seeds
- ☐ 6 large garlic clove minced
- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for brushing

- ☐ 1 teaspoon pepper dried red crushed

Equipment

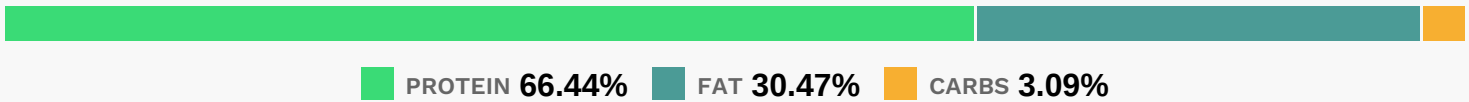
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Stir fennel seeds in small skillet over medium-high heat until slightly darker in color and fragrant, 4 to 5 minutes.
- ☐ Transfer seeds to spice mill and cool.
- ☐ Add kosher salt, peppercorns, and dried crushed red pepper. Grind to medium-fine consistency (not powder).
- ☐ Place pork in 13 x 9 x 2-inch glass baking dish. Rub garlic all over pork, then coat with spice mixture. Loosely cover pork with waxed paper. Refrigerate overnight.
- ☐ Preheat oven to 450°F.
- ☐ Brush larger rimmed baking sheet with oil.
- ☐ Place roast, fat side up and coating intact, in center of sheet.
- ☐ Drizzle evenly with 2 tablespoons oil. Roast pork 30 minutes. Reduce oven temperature to 300°F. Roast pork until very tender and thermometer inserted into center of pork registers 190°F, about 3 hours 15 minutes longer.
- ☐ Transfer pork to cutting board; reserve baking sheet.
- ☐ Let pork rest 15 to 30 minutes.
- ☐ Meanwhile, pour all pan juices into 2-cup measuring cup. Spoon off fat that rises to top.
- ☐ Place reserved baking sheet across 2 burners.
- ☐ Pour wine and broth onto baking sheet and bring to boil over medium-high heat, scraping up any browned bits. Boil until wine mixture is reduced to 3/4 cup, about 4 minutes.

- ☐ Adddegreased pan juices and whisk to blend.
- ☐ Pourpan sauce into small bowl (sauce will be thin).
- ☐ Thinly slice roast.
- ☐ Serve with sauce.
- ☐ The leftover roastpork would make great pulled–porksandwiches. Shred the meat and pile iton soft rolls with your favorite barbecuesauce and creamy coleslaw. You could also use the shredded meat as a delicious fillingfor burritos or enchiladas.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:35.27130433917%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 465.94kcal (23.3%), Fat: 14.5g (22.3%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.35g (0.39%), Cholesterol: 187.11mg (62.37%), Sodium: 1052.47mg (45.76%), Alcohol: 3.09g (100%), Alcohol %: 1.07% (100%), Protein: 71.13g (142.27%), Vitamin B3: 30.33mg (151.63%), Vitamin B1: 2.03mg (135.02%), Selenium: 80.91µg (115.59%), Vitamin B6: 2.31mg (115.57%), Vitamin B2: 1.47mg (86.54%), Phosphorus: 737.18mg (73.72%), Vitamin B12: 2.73µg (45.46%), Zinc: 6.24mg (41.6%), Potassium: 1266.9mg (36.2%), Vitamin B5: 3.11mg (31.07%), Magnesium: 92.84mg (23.21%), Iron: 3.38mg (18.78%), Manganese: 0.36mg (18.06%), Copper: 0.29mg (14.31%), Vitamin E: 0.86mg (5.75%), Calcium: 53.4mg (5.34%), Vitamin K: 4.33µg (4.12%), Fiber: 1.01g (4.04%), Vitamin A: 82.37IU (1.65%), Vitamin C: 1.02mg (1.23%)