

Pork Shoulder

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

READY IN



235 min.

SERVINGS



12

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds boston butt pork shoulder boneless , skin on
- 1 bunch cilantro leaves fresh chopped for garnish
- 4 garlic cloves smashed
- 1 teaspoon ground cumin
- 2 juice of lime juiced for serving
- 2 juice of orange juiced
- 12 servings kosher salt and coarsely ground pepper fresh black
- 1 cup olive oil extra-virgin

- 1 handful oregano fresh

Equipment

- food processor
- oven
- knife
- roasting pan
- aluminum foil
- cutting board

Directions

- Place the pork, fat side up, in a roasting pan fitted with a rack insert, and using a sharp knife, score the surface of the meat with small slits. Prepare the adobo: In a food processor, add the garlic, oregano, cilantro, cumin, salt, and pepper.
- Add lime juice and orange juice.
- Drizzle in olive oil and pulse until you have a nice puree. Rub the marinade all over the pork, being sure to get into the incisions so the salt can penetrate the meat and pull out the moisture – this will help form a crust on the outside when cooked.
- Preheat the oven to 300 degrees F.
- Roast the pork for 3 hours, uncovered, until the skin is crispy-brown.
- Let the meat rest on a cutting board for 10 minutes before slicing, covered lightly with aluminum foil.
- Drizzle with lime juice and garnish with cilantro.

Nutrition Facts

 **PROTEIN 61.16%**  **FAT 35.37%**  **CARBS 3.47%**

Properties

Glycemic Index:10.33, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:19.673478142075%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 232.08kcal (11.6%), Fat: 8.81g (13.56%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.95g (1.05%), Cholesterol: 90.72mg (30.24%), Sodium: 276.49mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.57%), Vitamin B3: 14.59mg (72.95%), Vitamin B1: 0.99mg (65.94%), Selenium: 39.18µg (55.98%), Vitamin B6: 1.11mg (55.63%), Vitamin B2: 0.71mg (41.76%), Phosphorus: 351.45mg (35.14%), Vitamin B12: 1.32µg (21.92%), Zinc: 2.98mg (19.89%), Potassium: 608.97mg (17.4%), Vitamin B5: 1.52mg (15.2%), Magnesium: 42.07mg (10.52%), Iron: 1.56mg (8.68%), Vitamin C: 7.01mg (8.49%), Copper: 0.13mg (6.36%), Vitamin E: 0.69mg (4.62%), Vitamin K: 4.82µg (4.59%), Manganese: 0.05mg (2.66%), Calcium: 17.68mg (1.77%), Vitamin A: 71.11IU (1.42%), Folate: 4.16µg (1.04%)