



Pork Shoulder Al'Diavolo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 tablespoon coriander seeds
- ☐ 6 garlic clove crushed peeled
- ☐ 8 servings kosher salt
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 pork shoulder boneless skinless (Boston butt; 6 pounds)

- ☐ 1 tablespoon pepper red crushed
- ☐ 2 teaspoons paprika smoked
- ☐ 1 tablespoon mustard seeds yellow

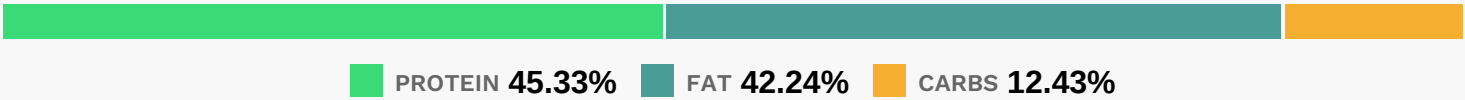
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ mortar and pestle
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Using the tip of a knife, lightly score fatty side of pork; season all over with salt.
- ☐ Coarsely grind peppercorns, coriander, red pepper flakes, oregano, and mustard seeds in spice mill or with mortar and pestle; set spice mixture aside.
- ☐ Heat oil in a small saucepan over low heat; add garlic and cook, stirring, until fragrant and barely golden, about 5 minutes. Stir in lemon zest, paprika, and reserved spice mixture.
- ☐ Let marinade cool.
- ☐ Rub marinade all over pork, working some marinade into interior of roast. Tie pork at 1" intervals with kitchen twine. Wrap tightly in plastic and chill at least 8 hours.
- ☐ Let pork sit at room temperature 1 hour.
- ☐ Preheat oven to 375°F. Unwrap pork, place on a rack set inside a roasting pan, and roast until golden brown and fat has just started to render, 40–50 minutes. Reduce oven temperature to 300°F and continue to roast until meat is very tender, 1 1/2–2 hours longer.
- ☐ Transfer pork to a cutting board and let rest 30 minutes before slicing.
- ☐ DO AHEAD: Marinade can be made 1 week ahead; cover and chill. Pork can be seasoned 3 days ahead; keep chilled.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:10.373478189759%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 113.71kcal (5.69%), Fat: 5.43g (8.35%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.3g (0.34%), Cholesterol: 32.25mg (10.75%), Sodium: 240.84mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.19%), Vitamin B3: 5.47mg (27.34%), Selenium: 17.54µg (25.06%), Vitamin B1: 0.37mg (24.72%), Vitamin B6: 0.46mg (23.23%), Vitamin B2: 0.28mg (16.44%), Manganese: 0.31mg (15.34%), Phosphorus: 148.03mg (14.8%), Vitamin A: 561.24IU (11.22%), Vitamin K: 9.13µg (8.69%), Zinc: 1.29mg (8.57%), Potassium: 286.92mg (8.2%), Vitamin B12: 0.47µg (7.79%), Iron: 1.4mg (7.77%), Vitamin E: 1.16mg (7.73%), Magnesium: 28.01mg (7%), Fiber: 1.66g (6.64%), Vitamin B5: 0.6mg (5.99%), Copper: 0.1mg (4.88%), Calcium: 37.04mg (3.7%), Vitamin C: 1.92mg (2.33%), Folate: 4.61µg (1.15%)