



HEALTH SCORE

78%

Pork Shoulder with Salsa Verde



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 fillet anchovy
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.3 cup celery leaves fresh packed chopped (lightly)
- ☐ 1 tablespoon coarse kosher salt
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 6 garlic cloves minced

- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup parsley fresh italian chopped
- ☐ 8 pound heritage pork shoulder roast whole bone-in (Boston butt)
- ☐ 1 tablespoon red wine vinegar

Equipment

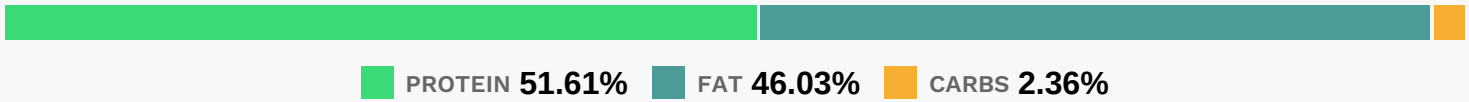
- ☐ bowl
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ With processor running, drop anchovies and garlic through feed tube and finely chop. Scrape down sides of bowl.
- ☐ Add parsley, celery leaves, lemon juice, lemon peel, red wine vinegar, chopped rosemary, and chopped sage. Using on/off turns, process until almost smooth. With machine running, gradually add olive oil.
- ☐ Transfer salsa verde to bowl. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover with plastic wrap and refrigerate.
- ☐ Position rack in lowest third of oven; preheat to 450°F.
- ☐ Mix garlic, sage, rosemary, coarse kosher salt, and freshly ground black pepper in small bowl.
- ☐ Brush oil all over pork, then rub spice mixture all over.
- ☐ Place pork on rack set in roasting pan. Roast 20 minutes. Reduce heat to 300°F and continue to roast until instant read thermometer inserted into center registers 185°F, about 6 1/2 hours.
- ☐ Remove pork from oven; tent with foil to keep warm.
- ☐ Let rest 15 minutes.

Cut into 1/2-inch-thick pieces and serve with salsa verde alongside.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:38.108695569246%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 12.4mg, Apigenin: 12.4mg, Apigenin: 12.4mg, Apigenin: 12.4mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 439.67kcal (21.98%), Fat: 21.78g (33.51%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.31g (0.35%), Cholesterol: 186.28mg (62.09%), Sodium: 1095.94mg (47.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.95g (109.91%), Copper: 4.85mg (242.42%), Vitamin B1: 2.47mg (164.35%), Selenium: 82.62µg (118.03%), Vitamin K: 97.06µg (92.43%), Vitamin B3: 12.18mg (60.89%), Vitamin B6: 1.2mg (60.05%), Zinc: 8.86mg (59.08%), Phosphorus: 573.31mg (57.33%), Vitamin B2: 0.89mg (52.42%), Vitamin B12: 2.33µg (38.89%), Potassium: 1037.99mg (29.66%), Vitamin B5: 2.36mg (23.64%), Iron: 4.12mg (22.89%), Magnesium: 67.51mg (16.88%), Manganese: 0.32mg (15.93%), Vitamin C: 12.99mg (15.75%), Vitamin A: 553.6IU (11.07%), Calcium: 72.88mg (7.29%), Folate: 27.44µg (6.86%), Fiber: 0.79g (3.16%), Vitamin E: 0.34mg (2.28%)