



## Roast Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



540 min.

SERVINGS



4

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 20 ounces garlic chopped
- ☐ 2 ounces juice of lemon
- ☐ 2 ounces olive oil
- ☐ 1 pork shoulder/butt
- ☐ 0.5 teaspoon salt
- ☐ 10 ounces white wine

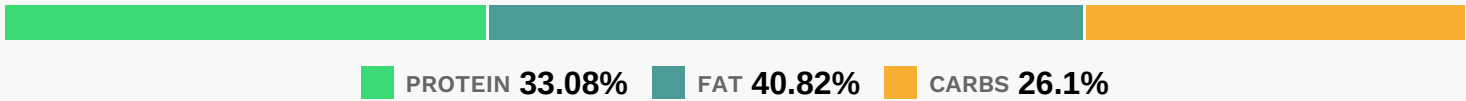
## Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ cutting board

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 250 degrees F.
- ☐ Put the pork into a roasting pan and roast it for 8 hours. No salt added.
- ☐ Remove the pork from the oven to a cutting board.
- ☐ Let rest until cool enough to handle, then shred and add it to a serving bowl.
- ☐ Puree the lemon juice, garlic, white wine, olive oil, salt and pepper in a blender.
- ☐ Transfer the puree to a small serving bowl.
- ☐ Serve the pulled pork with the mojo sauce. If desired, the pork can be served with steamed rice, black beans and maduros (plantains).

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:13.49, Inflammation Score:-8, Nutrition Score:44.408695837726%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg 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: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 807.79kcal (40.39%), Fat: 34.68g (53.35%), Saturated Fat: 8.92g (55.78%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 46.82g (17.02%), Sugar: 2.46g (2.73%), Cholesterol: 185.35mg (61.78%), Sodium: 529.04mg (23%), Alcohol: 7.3g (100%), Alcohol %: 1.78% (100%), Protein: 63.22g (126.44%), Vitamin B1: 2.74mg (182.41%), Vitamin B6: 2.95mg (147.42%), Selenium: 101.83µg (145.48%), Manganese: 2.52mg (126.02%), Phosphorus: 789.96mg (79%), Zinc: 10.43mg (69.51%), Vitamin B3: 12.91mg (64.55%), Vitamin C: 51.92mg (62.94%), Vitamin B2: 1.04mg (61.04%), Potassium: 1580.18mg (45.15%), Vitamin B12: 2.32µg (38.73%), Copper: 0.7mg (35.04%), Iron: 6.09mg (33.85%), Vitamin B5: 3.17mg (31.73%), Calcium: 303.95mg (30.4%), Magnesium: 101.9mg (25.48%), Vitamin E: 2.18mg (14.52%), Fiber: 3.08g (12.33%), Vitamin K: 11.64µg (11.08%), Folate: 21.67µg (5.42%)