



 **51%**
HEALTH SCORE

Roasted Boston Butt

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

READY IN

20 min.

SERVINGS

8

CALORIES

352 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 garlic bulb unpeeled
- 1 cloves garnishes: roasted garlic
- 2 lemons divided halved
- 1 cup chicken broth low-sodium
- 0.3 cup olive oil
- 0.3 cup oregano fresh chopped
- 2 teaspoons pepper
- 5 lb pork shoulder roast bone-in (Boston butt)

- 2.5 teaspoons salt
- 8 servings kitchen string

Equipment

- bowl
- oven
- roasting pan

Directions

- Preheat oven to 35
- Rub 1 lemon half on all sides of pork roast, squeezing juice from lemon. Stir together oregano, salt, and pepper; rub on roast.
- Place roast on a lightly greased rack in a roasting pan. Separate garlic cloves (do not peel), and place around roast.
- Drizzle olive oil over roast and garlic cloves.
- Squeeze juice from remaining 1 1/2 lemons into a bowl. Stir together juice and chicken broth; pour into roasting pan.
- Bake at 350 for 3 hours to 3 1/2 hours or until fork tender. Shred pork into large pieces using two forks, if desired.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:26.387825965881%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg

0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg
Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 351.56kcal (17.58%), Fat: 19.56g (30.09%), Saturated Fat: 5.32g (33.28%), Carbohydrates: 8.31g (2.77%),
Net Carbohydrates: 5.28g (1.92%), Sugar: 2.58g (2.86%), Cholesterol: 115.86mg (38.62%), Sodium: 871.57mg
(37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.94g (71.87%), Vitamin B1: 1.59mg (105.95%),
Selenium: 51.65µg (73.79%), Vitamin B6: 0.85mg (42.31%), Vitamin B3: 8.31mg (41.54%), Phosphorus: 387.55mg
(38.76%), Zinc: 5.66mg (37.76%), Vitamin B2: 0.62mg (36.71%), Vitamin K: 37.87µg (36.07%), Vitamin C: 22.67mg
(27.48%), Vitamin B12: 1.48µg (24.7%), Potassium: 797.15mg (22.78%), Iron: 3.56mg (19.76%), Vitamin B5: 1.62mg
(16.22%), Manganese: 0.3mg (15.03%), Magnesium: 57.63mg (14.41%), Copper: 0.25mg (12.48%), Fiber: 3.02g
(12.08%), Vitamin E: 1.52mg (10.12%), Vitamin A: 424.13IU (8.48%), Folate: 33.43µg (8.36%), Calcium: 80.81mg
(8.08%)