



Roasted Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 garlic cloves minced
- ☐ 1 tablespoon pepper
- ☐ 5 pound boston butt pork roast
- ☐ 1 tablespoon salt

Equipment

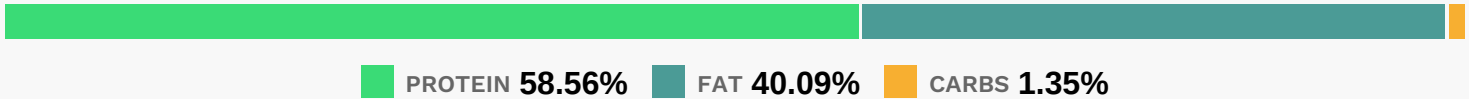
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Rub pork with garlic, salt, and pepper. Wrap tightly with plastic wrap; chill at least 8 hours or up to 24 hours.
- ☐ Unwrap pork; place on a rack in a roasting pan.
- ☐ Bake at 325 for 4 hours or until a meat thermometer inserted into thickest portion registers 160, basting occasionally with drippings in pan.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:25.843912974%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 303.56kcal (15.18%), Fat: 12.98g (19.97%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.02g (0.02%), Cholesterol: 136.08mg (45.36%), Sodium: 845.49mg (36.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.66g (85.31%), Selenium: 64.24µg (91.78%), Vitamin B1: 1.27mg (84.65%), Vitamin B6: 1.21mg (60.28%), Vitamin B2: 0.87mg (51.41%), Zinc: 7.65mg (51%), Vitamin B3: 9.97mg (49.85%), Phosphorus: 461.83mg (46.18%), Vitamin B5: 3.57mg (35.73%), Vitamin B12: 2.06µg (34.4%), Potassium: 784.17mg (22.41%), Iron: 2.82mg (15.65%), Magnesium: 51.39mg (12.85%), Copper: 0.25mg (12.26%), Vitamin D: 1.36µg (9.07%), Manganese: 0.14mg (6.89%), Calcium: 38.1mg (3.81%), Vitamin E: 0.55mg (3.68%)