



## Roasted Pork Shoulder (Pernil Al Horno)

 Gluten Free  Dairy Free

READY IN



420 min.

SERVINGS



12

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds boston butt pork shoulder boneless , skin on
- 4 garlic cloves smashed
- 1 tablespoon coarsely ground pepper black
- 1 tablespoon kosher salt for every pound of meat
- 1 handful oregano fresh
- 3 tablespoons vegetable oil
- 2 tablespoons citrus champagne vinegar

### Equipment

- bowl
- oven
- knife
- plastic wrap
- roasting pan
- cutting board

## Directions

- Place the pork, fat-side up, in a roasting pan fitted with a rack insert, and using a sharp knife, score the surface of the meat with small slits. Mash the garlic, oregano, salt, and pepper into a paste on a cutting board with the flat side of a knife; place the adobo in a bowl and stir in the oil and vinegar. Rub the garlic paste all over the pork, being sure to get into the incisions so the salt can penetrate the meat and pull out the moisture – this will help form a crust on the outside when cooked. Cover the pork with plastic wrap and marinate in the refrigerator for at least 3 hours or up to overnight.
- Allow the meat to sit at room temperature for 30 minutes before cooking. Preheat the oven to 350 degrees F.
- Roast the pork for 3 hours, uncovered, until the skin is crispy-brown.
- Let the meat rest on a cutting board for 10 minutes before slicing.

## Nutrition Facts

**PROTEIN 63.12%** **FAT 35.56%** **CARBS 1.32%**

## Properties

Glycemic Index:5.58, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:19.213478272376%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 225.52kcal (11.28%), Fat: 8.57g (13.18%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.02g (0.02%), Cholesterol: 90.72mg (30.24%), Sodium: 663.51mg (28.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.41%), Vitamin B3: 14.53mg (72.67%), Vitamin B1:

0.98mg (65.19%), Selenium: 39.18µg (55.97%), Vitamin B6: 1.11mg (55.32%), Vitamin B2: 0.71mg (41.5%), Phosphorus: 348.89mg (34.89%), Vitamin B12: 1.32µg (21.92%), Zinc: 2.97mg (19.8%), Potassium: 584.33mg (16.7%), Vitamin B5: 1.5mg (14.98%), Magnesium: 40.76mg (10.19%), Iron: 1.46mg (8.1%), Vitamin K: 7.61µg (7.24%), Copper: 0.13mg (6.29%), Manganese: 0.11mg (5.42%), Vitamin E: 0.42mg (2.8%), Calcium: 16.45mg (1.64%)