



Roasted Pork Shoulder with Pomegranate Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 teaspoons garlic minced
- 0.3 teaspoon ground cinnamon
- 4 servings kosher salt and ground pepper black to taste
- 3 pound pork shoulder roast bone-in
- 2 tablespoons sugar
- 0.5 cup water

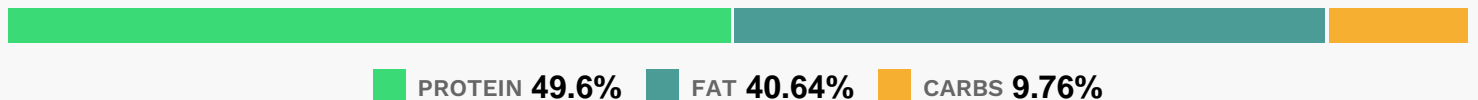
Equipment

- sauce pan
- oven
- sieve
- roasting pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Season the pork roast with garlic, kosher salt and pepper.
- Place in a roasting pan.
- Bake the roast for 1hour in the preheated oven. While the roast is baking, combine the pomegranate seeds and water in a large saucepan. Bring to a boil, then reduce the heat to low and simmer for 20 to 30 minutes, until the pomegranate seeds have broken down and released their juices. Press through a strainer to get as much juice as possible. You should have about 3/4 cup of juice.
- Pour the juice from the pomegranate into a saucepan and bring to a boil. Simmer over medium heat until reduced by half.
- Remove from the heat and mix in the balsamic vinegar, sugar and cinnamon.
- After the roast has been in the oven for 1 hour, start to baste it with the pomegranate sauce, using a brush to apply to the top and sides. Continue to roast the pork until the internal temperature has reached 180 degrees F (80 degrees C).
- Remove from the oven and allow to rest for 20 minutes before carving and serving.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:22.578260630288%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 340.9kcal (17.05%), Fat: 14.83g (22.81%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.89g (2.87%), Sugar: 7.17g (7.96%), Cholesterol: 139.04mg (46.35%), Sodium: 161.5mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.72g (81.44%), Vitamin B1: 1.84mg (122.51%), Selenium: 61.44µg (87.77%), Vitamin B3: 8.88mg (44.42%), Vitamin B6: 0.88mg (44.01%), Zinc: 6.55mg (43.65%), Phosphorus: 423.3mg (42.33%), Vitamin B2: 0.65mg (38.44%), Vitamin B12: 1.74µg (29.05%), Potassium: 726.22mg (20.75%), Vitamin B5: 1.72mg (17.17%), Iron: 2.66mg (14.76%), Magnesium: 45.58mg (11.39%), Copper: 0.21mg (10.74%), Manganese: 0.1mg (4.89%), Calcium: 37.23mg (3.72%), Folate: 10.45µg (2.61%), Vitamin C: 2.13mg (2.59%)