



Roasted Pork Shoulder with Pomegranate Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 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
- ☐ 2 pomegranates with the seeds removed
- ☐ 3 pound pork shoulder roast bone-in
- ☐ 2 tablespoons sugar

☐ 0.5 cup water

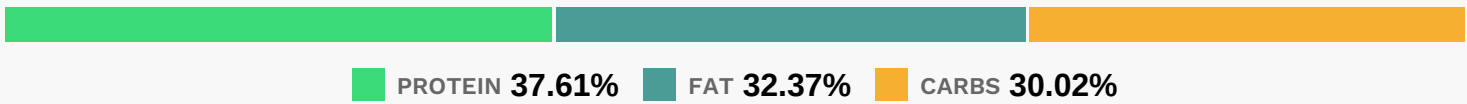
Equipment

- ☐ 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:46, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:28.862173765898%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 457.93kcal (22.9%), Fat: 16.48g (25.35%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 28.62g (10.41%), Sugar: 26.48g (29.43%), Cholesterol: 139.04mg (46.35%), Sodium: 165.73mg (7.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.07g (86.15%), Vitamin B1: 1.93mg (128.8%), Selenium: 62.14µg (88.78%), Vitamin B6: 0.99mg (49.3%), Phosphorus: 474.06mg (47.41%), Zinc: 7.04mg (46.94%), Vitamin B3: 9.3mg (46.49%), Vitamin B2: 0.73mg (42.84%), Potassium: 1058.98mg (30.26%), Vitamin B12: 1.74µg (29.05%), Fiber: 5.76g (23.05%), Vitamin B5: 2.25mg (22.48%), Vitamin K: 23.35µg (22.24%), Copper: 0.44mg (21.88%), Vitamin C: 16.51mg (20.02%), Iron: 3.08mg (17.11%), Folate: 64.03µg (16.01%), Magnesium: 62.5mg (15.62%), Manganese: 0.27mg (13.28%), Vitamin E: 0.85mg (5.67%), Calcium: 51.33mg (5.13%)