



Roasted Pork with Citrus Mojo Marinade

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

READY IN ready 250 min.	SERVINGS servings 14	CALORIES calories 292 kcal
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- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 juice of blood orange juiced
- ☐ 0.8 cup annatto oil reserved from arroz con pollo bites recipe
- ☐ 6 large garlic cloves chopped
- ☐ 1 tablespoon ground cumin
- ☐ 2 juice of lemon juiced
- ☐ 2 juice of lime juiced
- ☐ 1 tablespoon oregano dried

- ☐ 9 pound picnic pork shoulder
- ☐ 1 batch citrus mojo marinade less tablespoon salt
- ☐ 2 tablespoons salt
- ☐ 15 pound suckling pig
- ☐ 15 pound suckling pig

Equipment

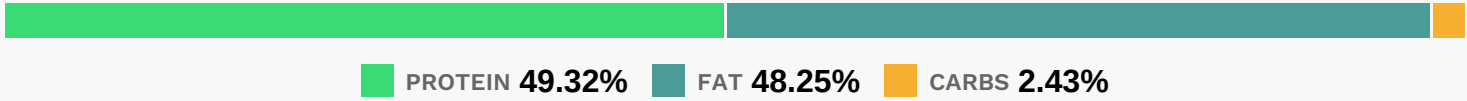
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Combine all of the mojo ingredients in a large bowl and whisk well.
- ☐ Score the skin with a sharp knife and rub the pig inside and out with 3/4 of the mojo marinade. Reserve the remaining mojo to pour over the meat after it has been carved.
- ☐ Cook the whole pig in the Caja China according to manufacturer's instructions.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Score the skin of the pork shoulder. Put it into a large bowl or baking dish and pour in 3/4 of the marinade, making sure to coat the entire piece of pork. Cover and refrigerate for at least 30 minutes or up to 2 hours.
- ☐ Put the pork shoulder, skin side up, in a roasting pan fitted with a rack, Cover with foil and roast in the oven for 3 hours. After 3 hours remove the foil, turn the heat up to 425 degrees F and roast until the skin is brown and crispy, about 30 to 45 minutes. Make sure to check every 5 or 10 minutes to make sure the skin does not burn.

- ☐
- Remove from oven to a cutting board and let rest for 10 minutes before carving. Carve the meat and arrange it on a serving platter.
- ☐
- Pour the reserved marinade over the carved meat just before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:20.902173871579%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 292kcal (14.6%), Fat: 15.24g (23.44%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.29g (0.32%), Cholesterol: 119.17mg (39.72%), Sodium: 1133.02mg (49.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.09%), Vitamin B1: 1.58mg (105.43%), Selenium: 52.73µg (75.33%), Vitamin B3: 7.67mg (38.33%), Vitamin B6: 0.76mg (38.19%), Zinc: 5.64mg (37.62%), Phosphorus: 365.5mg (36.55%), Vitamin B2: 0.57mg (33.26%), Vitamin B12: 1.49µg (24.9%), Potassium: 638.34mg (18.24%), Vitamin B5: 1.49mg (14.89%), Iron: 2.66mg (14.8%), Magnesium: 41.51mg (10.38%), Copper: 0.19mg (9.54%), Manganese: 0.13mg (6.67%), Vitamin C: 4.21mg (5.11%), Vitamin K: 4.7µg (4.48%), Calcium: 40.82mg (4.08%), Vitamin E: 0.52mg (3.45%), Folate: 10.9µg (2.72%), Fiber: 0.4g (1.59%)