

food  
network

 **51%**  
HEALTH SCORE

## Rockin' Roast Pork Shoulder with Spanish Rice

 **Gluten Free**

READY IN



**260 min.**

SERVINGS



**5**

CALORIES



**989 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon adobo seasoning
- 2 tablespoon butter
- 16 ounce goya pigeon peas canned
- 0.5 bunch cilantro leaves chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 bell pepper green minced
- 0.3 cup olive oil

- 1 onion minced
- 0.3 cup onions diced
- 0.3 cup fatty pork diced
- 5 pound boston butt pork shoulder
- 2 cups rice long-grain
- 1 tablespoon sazón seasoning
- 1.5 teaspoons envelopes sazón seasoning
- 4 cups water
- 12 garlic cloves whole
- 2 tablespoons sofrito
- 2 tablespoons sofrito

## Equipment

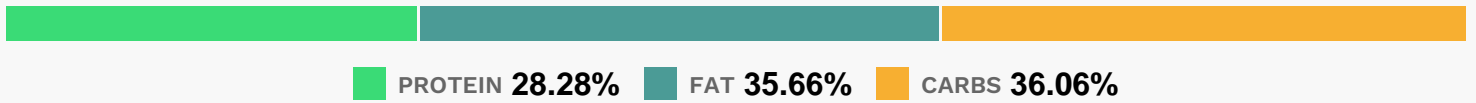
- bowl
- sauce pan
- oven
- knife
- roasting pan
- aluminum foil

## Directions

- Preheat oven to 300 degrees F.
- Cut off 2-slices (about 1/4-cup) of pork and set aside for Spanish rice.
- Make at least 12-slits in pork with the tip of a very sharp knife. Put 1 clove of garlic in each slit. In a small bowl, mix together the sazón and adobo seasonings.
- Add 1/4-cup sofrito and stir together. Rub over entire pork shoulder.
- Place pork in large roasting pan, wrap with foil and cook for 3 hours.
- Remove the foil and crank oven up to 400 degrees F and let cook additional 20 minutes until desired crispness.

- In large saucepan on high heat, saute onions and reserved pork in the butter until lightly browned.
- Add sazón, adobo, rice, water and reserved sofrito.
- Cook about 10 minutes on high or until the water begins to evaporate to almost the level of the rice.
- Add pigeon peas and cilantro. Cover with lid, reduce heat to low and let cook until water is totally evaporated and rice is tender.
- Remove from heat.

## Nutrition Facts



### Properties

Glycemic Index:59.24, Glycemic Load:40.33, Inflammation Score:-8, Nutrition Score:43.515651806541%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

### Nutrients (% of daily need)

Calories: 989.11kcal (49.46%), Fat: 38.56g (59.32%), Saturated Fat: 12.38g (77.37%), Carbohydrates: 87.75g (29.25%), Net Carbohydrates: 79.47g (28.9%), Sugar: 2.05g (2.28%), Cholesterol: 205.94mg (68.65%), Sodium: 527.37mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.82g (137.65%), Vitamin B1: 2.77mg (184.43%), Selenium: 99.96µg (142.8%), Phosphorus: 805.58mg (80.56%), Vitamin B6: 1.57mg (78.35%), Manganese: 1.5mg (75.09%), Vitamin B3: 14.46mg (72.3%), Zinc: 10.81mg (72.09%), Vitamin B2: 1.01mg (59.69%), Potassium: 1550.79mg (44.31%), Vitamin B12: 2.42µg (40.28%), Copper: 0.77mg (38.52%), Vitamin B5: 3.52mg (35.2%), Fiber: 8.28g (33.11%), Magnesium: 131.25mg (32.81%), Folate: 130.85µg (32.71%), Vitamin C: 26.18mg (31.73%), Iron: 5.51mg (30.63%), Calcium: 131.47mg (13.15%), Vitamin E: 1.9mg (12.67%), Vitamin K: 11.95µg (11.38%), Vitamin A: 314.18IU (6.28%)