



Sangria Roast Pork

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



412 kcal

BEVERAGE

DRINK

Ingredients

- 3 cinnamon sticks
- 0.3 cup ginger chopped
- 2 apples i use 2 granny smith apples sliced
- 0.5 teaspoon ground allspice
- 1.5 cups kosher salt
- 1 cranberry-orange relish sliced
- 4 cups orange juice
- 8 pound boston butt pork shoulder bone-in

0.5 cup red wine

Equipment

oven

wire rack

pot

roasting pan

kitchen thermometer

aluminum foil

Directions

Bring first 9 ingredients to a boil in an 8-quart stock pot with 1 gallon plus 1 quart water.

Remove from heat, and cool brine completely. Submerge pork in 10 cups of brine plus solids; cover and chill 12 to 24 hours.

Preheat oven to 35

Rinse pork, and place on wire rack in a roasting pan. Cover with foil, and bake 2 hours; uncover and bake an additional 3 hours or until meat thermometer inserted into thickest portion registers 19

Tent with aluminum foil, and let stand 30 minutes at room temperature before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:7.24, Inflammation Score:-6, Nutrition Score:29.809564891069%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg

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Nutrients (% of daily need)

Calories: 412.3kcal (20.62%), Fat: 16.12g (24.8%), Saturated Fat: 5.51g (34.47%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 16.53g (6.01%), Sugar: 13.48g (14.98%), Cholesterol: 148.31mg (49.44%), Sodium: 17146.56mg (745.5%), Alcohol: 1.27g (100%), Alcohol %: 0.38% (100%), Protein: 44.29g (88.57%), Vitamin B1: 2.07mg (137.68%), Selenium: 65.58µg (93.69%), Vitamin C: 60.21mg (72.99%), Vitamin B3: 9.99mg (49.96%), Vitamin B6: 0.99mg (49.68%), Zinc: 7.11mg (47.42%), Phosphorus: 474.2mg (47.42%), Vitamin B2: 0.74mg (43.8%), Vitamin B12: 1.86µg (30.99%), Potassium: 1050.15mg (30%), Vitamin B5: 2.08mg (20.75%), Iron: 3.26mg (18.13%), Magnesium: 64.2mg (16.05%), Manganese: 0.31mg (15.4%), Copper: 0.3mg (14.9%), Folate: 46.33µg (11.58%), Fiber: 2.01g (8.05%), Calcium: 72.36mg (7.24%), Vitamin A: 264.69IU (5.29%), Vitamin K: 1.28µg (1.22%), Vitamin E: 0.16mg (1.06%)