



Slow-Cooked Hoisin Pork Roast with Green Onions

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



653 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 5.5 pound boston butt pork shoulder (boneless with bone), trimmed, tied to hold shape
- ☐ 6 servings green onions sliced (for garnish)
- ☐ 0.8 cup hoisin sauce
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup scotch whisky
- ☐ 0.8 cup water ()

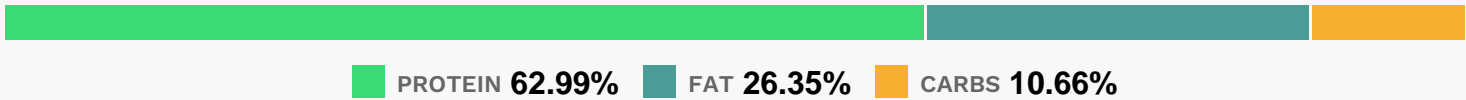
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 300°F.
- ☐ Heat oil in heavy large ovenproof pot over high heat.
- ☐ Add pork shoulder, fat side down; brown on all sides, turning often, about 12 minutes.
- ☐ Remove pot from heat.
- ☐ Spread hoisin sauce over pork; sprinkle with green onion pieces and peppercorns. Cover pot and place in oven. Cook until pork is very tender when pierced with fork, about 2 3/4 hours, adding water to pot by 1/4 cupfuls if mixture is dry.
- ☐ Remove pot from oven.
- ☐ Transfer pork to cutting board and tent with foil.
- ☐ Let pork stand 20 minutes.
- ☐ Meanwhile, spoon off fat from pan juices. Stir whisky and 3/4 cup water into juices; boil 2 minutes.
- ☐ Add more water by tablespoonfuls if sauce is too thick, or boil to reduce sauce if too thin.
- ☐ Cut pork crosswise on slight diagonal into 1-inch-thick slices.
- ☐ Garnish with sliced green onions.
- ☐ Pour pan sauce over pork and serve.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:40.032173960105%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 652.65kcal (32.63%), Fat: 17.67g (27.19%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 14.77g (5.37%), Sugar: 9.54g (10.6%), Cholesterol: 250.51mg (83.5%), Sodium: 784.04mg (34.09%), Alcohol: 3.54g (100%), Alcohol %: 0.9% (100%), Protein: 95.04g (190.09%), Vitamin B3: 40.37mg (201.86%), Vitamin B1: 2.69mg (179.21%), Selenium: 107.97µg (154.24%), Vitamin B6: 3.03mg (151.46%), Vitamin B2: 2.01mg (118.49%), Phosphorus: 968.9mg (96.89%), Vitamin B12: 3.62µg (60.29%), Zinc: 8.26mg (55.03%), Potassium: 1639.03mg (46.83%), Vitamin B5: 4.12mg (41.21%), Magnesium: 119.11mg (29.78%), Iron: 4.22mg (23.46%), Copper: 0.38mg (19.04%), Vitamin K: 15.2µg (14.47%), Manganese: 0.25mg (12.47%), Vitamin E: 0.81mg (5.37%), Fiber: 1.3g (5.22%), Calcium: 48.58mg (4.86%), Folate: 11.87µg (2.97%), Vitamin C: 1.27mg (1.53%), Vitamin A: 65.89IU (1.32%)