

Slow Cooked Pork

 Gluten Free  Dairy Free

READY IN



550 min.

SERVINGS



12

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 teaspoons pepper black
- 4 tablespoons chipotle pepper dried
- 0.3 cup coriander seeds toasted
- 5 tablespoons rosemary dried finely chopped
- 2 tablespoons thyme leaves dried
- 6 pound butt roast boneless (not tied)
- 5 tablespoons lemon zest
- 2 tablespoons ground mustard

- 2 cups roasted garlic minced
- 5 tablespoons salt

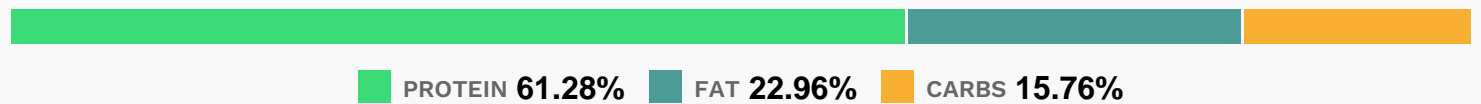
Equipment

- food processor
- bowl
- oven
- roasting pan
- tongs
- cutting board

Directions

- Preheat oven to 275 degrees F. If necessary, trim fat from top of pork, leaving a 1/8-inch thick layer of fat.
- Spread Roasted Garlic Rub all over pork and inside any cavities, concentrating on boned side. Put pork, fat side up, in a roasting pan and roast in middle of oven 6 to 8 hours.
- Transfer roast to cutting board and let stand 15 minutes. Pull shreds apart with tongs into chunks.
- Serve.
- Combine all ingredients in a food processor. Can also be mixed by hand in a bowl, but make sure to combine well.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:33.551304288532%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 355.73kcal (17.79%), Fat: 8.95g (13.77%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 10.13g (3.68%), Sugar: 2.47g (2.74%), Cholesterol: 136.08mg (45.36%), Sodium: 3039.16mg (132.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.75g (107.49%), Vitamin B3: 22.08mg (110.41%), Vitamin B1: 1.53mg (102.08%), Vitamin B6: 1.95mg (97.34%), Selenium: 64.71µg (92.44%), Vitamin B2: 1.1mg (64.49%), Phosphorus: 573.4mg (57.34%), Vitamin B12: 1.97µg (32.89%), Zinc: 4.92mg (32.81%), Manganese: 0.6mg (29.98%), Potassium: 1001.43mg (28.61%), Vitamin B5: 2.39mg (23.85%), Iron: 3.94mg (21.87%), Magnesium: 78.91mg (19.73%), Fiber: 3.7g (14.79%), Copper: 0.28mg (14.22%), Vitamin C: 11.57mg (14.03%), Vitamin K: 12.56µg (11.96%), Calcium: 102.08mg (10.21%), Vitamin E: 0.32mg (2.13%), Folate: 7.35µg (1.84%), Vitamin A: 57.33IU (1.15%)