



Slow roast shoulder of pork



Gluten Free



Dairy Free

READY IN



900 min.

SERVINGS



8

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 kg boston butt pork shoulder bone in
- ☐ 4 garlic cloves crushed
- ☐ 2 tsp paprika
- ☐ 2 tbsp vegetable oil
- ☐ 1 juice of lemon
- ☐ 4 large potatoes peeled

Equipment

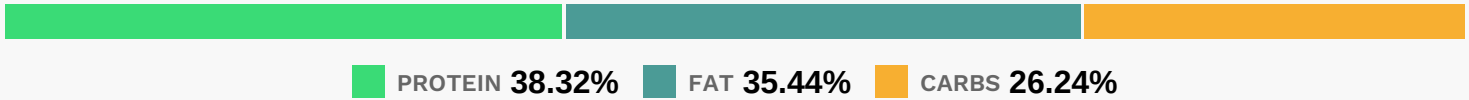
- ☐ oven

- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ The day before, use a very sharp knife to score the skin of the pork in a criss-cross fashion at 1cm intervals. (Ask your butcher to do this if you prefer.)
- ☐ Combine the garlic, paprika, oil, lemon juice and 1 tsp salt in a mixing bowl. Rub this marinade all over the pork, cover and leave in the fridge for 12-24 hrs.
- ☐ The next day, heat oven to 220C/ 200C fan/gas
- ☐ Put the potatoes in a roasting tin to make a trivet for the meat, trimming them flat if you need to. Sit the pork on top, then pour any marinade plus a cup of water over the pork. Cook for 30 mins to start the crackling crisping up. Now turn down the oven to 150C/130C fan/gas 2, cover the tin with foil and cook for 3 hrs.
- ☐ Remove from the oven and leave to rest for 30 mins.
- ☐ Serve with apple sauce, see below.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:33.779130448466%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 515.35kcal (25.77%), Fat: 19.99g (30.75%), Saturated Fat: 6.23g (38.95%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 29g (10.54%), Sugar: 1.61g (1.79%), Cholesterol: 153.26mg (51.09%), Sodium: 185.6mg (8.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.64g (97.27%), Vitamin B1: 2.18mg (145.04%), Selenium:

68.29µg (97.55%), Vitamin B6: 1.53mg (76.31%), Vitamin B3: 11.8mg (58.98%), Phosphorus: 571.64mg (57.16%), Zinc: 7.76mg (51.75%), Vitamin C: 40.1mg (48.61%), Vitamin B2: 0.79mg (46.27%), Potassium: 1579.77mg (45.14%), Vitamin B12: 1.92µg (32.02%), Vitamin B5: 2.45mg (24.55%), Iron: 4.38mg (24.34%), Magnesium: 92.1mg (23.02%), Copper: 0.43mg (21.52%), Manganese: 0.34mg (17.22%), Fiber: 4.3g (17.21%), Folate: 42.03µg (10.51%), Vitamin K: 10.25µg (9.76%), Vitamin A: 300.99IU (6.02%), Calcium: 58.42mg (5.84%), Vitamin E: 0.47mg (3.14%)