



Slow-Roasted Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves crumbled
- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons chili powder
- ☐ 4 cloves garlic crushed peeled
- ☐ 0.5 cup grapefruit juice fresh
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground pepper black
- ☐ 1 slices garnishes: lemon lemon rind grated

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 medium onion finely chopped
- ☐ 0.5 cup orange juice fresh
- ☐ 5 pound boston butt pork shoulder
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon vegetable oil

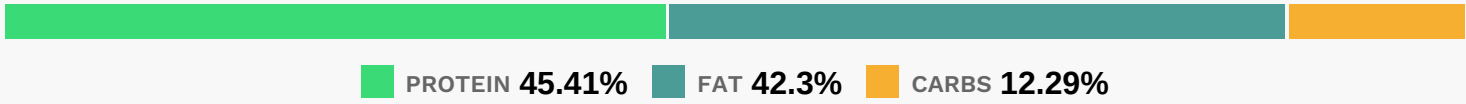
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Combine first 11 ingredients in a large bowl.
- ☐ Add pork roast, turning to coat with marinade. Cover and refrigerate roast at least 4 hours or overnight.
- ☐ Remove roast from marinade, reserving marinade. Brown all sides of roast in hot oil in a Dutch oven.
- ☐ Add reserved marinade.
- ☐ Bake, covered, at 275 for 6 to 7 hours or until meat can be shredded.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.07, Inflammation Score:-4, Nutrition Score:21.777826340302%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg,

Naringenin: 0.47mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg
Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg,
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin:
2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 308.97kcal (15.45%), Fat: 14.24g (21.91%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 9.31g (3.1%), Net
Carbohydrates: 8.66g (3.15%), Sugar: 6.73g (7.48%), Cholesterol: 115.86mg (38.62%), Sodium: 723.45mg (31.45%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.81%), Vitamin B1: 1.56mg (103.75%), Selenium: 51.48µg
(73.55%), Vitamin B6: 0.78mg (38.87%), Vitamin B3: 7.61mg (38.04%), Zinc: 5.53mg (36.86%), Phosphorus:
363.03mg (36.3%), Vitamin B2: 0.56mg (32.95%), Vitamin B12: 1.45µg (24.21%), Vitamin C: 18.8mg (22.79%),
Potassium: 701.35mg (20.04%), Vitamin B5: 1.52mg (15.17%), Iron: 2.43mg (13.52%), Magnesium: 43.71mg (10.93%),
Copper: 0.2mg (9.89%), Manganese: 0.12mg (6.06%), Folate: 18.67µg (4.67%), Calcium: 41.32mg (4.13%), Vitamin K:
4.16µg (3.96%), Vitamin A: 196.78IU (3.94%), Fiber: 0.66g (2.62%), Vitamin E: 0.36mg (2.39%)