



Sticky belly pork



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.6 kg pork belly
- ☐ 3 tbsp g muscovado sugar light
- ☐ 3 tbsp blackstrap molasses
- ☐ 3 tbsp tomato purée
- ☐ 1 onion
- ☐ 3 garlic clove crushed
- ☐ 1 tbsp oregano dried
- ☐ 1 tbsp ground cumin

- ☐ 1 tsp chillies dried crushed
- ☐ 1 tsp cinnamon
- ☐ 1 tsp allspice

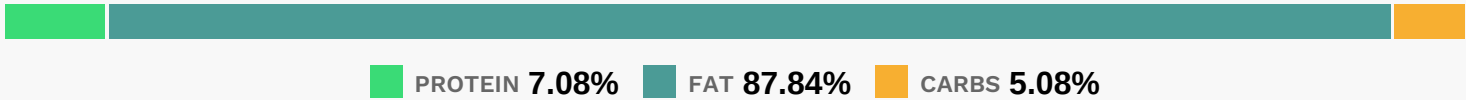
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 150C/130C fan/gas 2, then sit the pork belly in a deep roasting dish.
- ☐ Mix the remaining ingredients with 1 tsp salt, then rub all over the pork. Cover, roast for 3 hrs, then uncover, slice the pork into 16 short, fat chops. Spoon over the sauce from the dish, then roast, uncovered, for another hour, turning the strips halfway. Cool, cover, then chill for up to 24 hours.
- ☐ About 15 mins before you are ready to barbecue, pop the pork into a low oven to melt the sauce making sure the strips are nicely coated in it. Barbecue, skin-side down first, to crisp up, then cook for just a few mins, turning, until heated through and the sauce is sticky.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:2.9, Inflammation Score:-6, Nutrition Score:14.904782683953%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 1092.2kcal (54.61%), Fat: 106.31g (163.56%), Saturated Fat: 38.7g (241.9%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 12.72g (4.63%), Sugar: 11.15g (12.39%), Cholesterol: 144mg (48%), Sodium: 72.65mg (3.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.58%), Vitamin B1: 0.81mg (54.12%), Vitamin B3: 9.61mg (48.04%), Vitamin B2: 0.51mg (29.84%), Vitamin B12: 1.68µg (28%), Selenium: 17.76µg (25.38%), Phosphorus: 232.74mg (23.27%), Vitamin B6: 0.37mg (18.29%), Potassium: 573.1mg (16.37%), Manganese: 0.3mg (15.07%), Zinc: 2.19mg (14.59%), Iron: 2.39mg (13.27%), Copper: 0.18mg (9.14%), Magnesium: 35.08mg (8.77%), Vitamin E: 1.07mg

(7.12%), Vitamin B5: 0.64mg (6.41%), Calcium: 57.46mg (5.75%), Vitamin K: 4.97µg (4.74%), Vitamin A: 236.57IU (4.73%), Fiber: 1.12g (4.47%), Vitamin C: 2.98mg (3.61%), Folate: 7.33µg (1.83%)