



# Ultra-Crispy Slow-Roasted Pork Shoulder



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



540 min.

SERVINGS



8

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



8 servings pepper black freshly ground



1 boston butt pork shoulder whole bone-in

## Equipment



baking sheet



baking paper



oven



knife



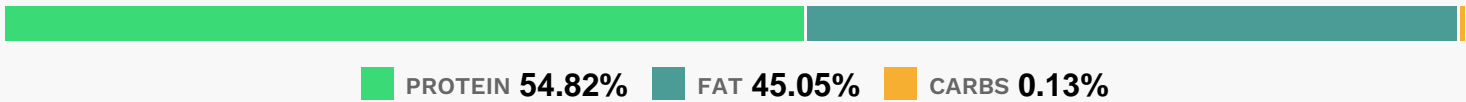
wire rack

☐ aluminum foil

## Directions

- ☐ Adjust oven rack to middle position and preheat oven to 250°F.
- ☐ Line a rimmed baking sheet with heavy duty aluminum foil (see note) and set a wire rack inside it.
- ☐ Place a piece of parchment paper on top of the wire rack. Season pork on all sides liberally with salt and pepper and place on parchment paper.
- ☐ Transfer to oven and roast until knife or fork inserted into side shows very little resistance when twisted, about 8 hours total.
- ☐ Remove pork from oven and tent with foil.
- ☐ Let rest at room temperature for at least 15 minutes and up to 2 hours. Increase oven to 500°F and allow to preheat. Return pork to the oven and roast until skin is blistered and puffed, rotating every 5 minutes, about 20 minutes total.
- ☐ Remove from oven, tent with foil and allow to rest an additional 15 minutes.
- ☐ Serve by picking in the kitchen or just bring it to the table and let guests pick meat and crispy skin themselves, dipping into sauce of their choice on the side (see note).

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:15.448260611247%

## Nutrients (% of daily need)

Calories: 204.96kcal (10.25%), Fat: 9.88g (15.2%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 92.67mg (30.89%), Sodium: 105.14mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.1%), Vitamin B1: 1.22mg (81.52%), Selenium: 40.81µg (58.3%), Vitamin B3: 5.91mg (29.57%), Zinc: 4.34mg (28.96%), Vitamin B6: 0.57mg (28.72%), Phosphorus: 279.56mg (27.96%), Vitamin B2: 0.43mg (25.56%), Vitamin B12: 1.16µg (19.36%), Potassium: 472.99mg (13.51%), Vitamin B5: 1.14mg (11.38%), Iron: 1.7mg (9.43%), Magnesium: 29.22mg (7.3%), Copper: 0.14mg (6.77%), Calcium: 19.81mg (1.98%), Folate: 6.93µg (1.73%), Manganese: 0.03mg (1.47%), Vitamin C: 1.11mg (1.34%)