

Slow Cooker Pernil (Puerto Rican Roasted Pork Shoulder)

Yield: 9 min
Total Time: 555 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-shoulder-indian-crock-pot-recipe>

Ingredients:

- 8 pounds pork shoulder picnic, skin removed
- 16 cloves garlic peeled
- 1 1/2 tablespoons kosher salt
- 1/2 tablespoon ground black pepper
- 1 tablespoon dried oregano
- 1/4 cup olive oil

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 270 milligrams
4. Fat: 34 grams
5. Protein: 81 grams
6. SaturatedFat: 9 grams
7. Sodium: 1500 milligrams

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