

Puerto Rican Pernil with Crispy Skin

Yield: 8 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/puerto-rican-pernil-recipe>

Ingredients:

- 8 pounds pork shoulder bone-in
- 1 cup sour orange juice
- 1 cup grapefruit juice
- 2 tablespoons vinegar
- 1/4 cup olive oil
- 1 yellow onion medium, quartered
- 10 large garlic cloves peeled and crushed
- 1 1/2 cups chopped cilantro
- 1 red bell pepper large, seeds and center ribs removed
- 2 tablespoons ground cumin
- 2 tablespoons dried oregano
- 2 tablespoons paprika sweet or smoked spanish
- 8 teaspoons kosher salt 1 teaspoon per pound of pork
- 2 teaspoons ground black pepper
- 2 cups water

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 285 milligrams
4. Fat: 37 grams
5. Fiber: 2 grams
6. Protein: 87 grams
7. SaturatedFat: 10 grams
8. Sodium: 2590 milligrams
9. Sugar: 6 grams

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