AMERICAN · LUNCH · DINNER

Oven Kalua Pork with Cabbage

250 min · Serves 6 · 524 kcal a serve · Video 5:30 · Ono Hawaiian Recipes

Gluten-free ingredients · Dairy-free · Nut-free

Slow-roasted pork shoulder seasoned only with salt and smoke, plus stir-fried cabbage: about 40 g protein and 1 g net carbs a serve, and rich in selenium, zinc and vitamin B12.

Diet notes: Keto (1 g net carbs a serve).

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Ingredients 5 · SERVES 6

- [ ] 3 lb **pork butt** (shoulder)
- [ ] 1 tbsp **Hawaiian sea salt** (or regular sea salt)
- [ ] 1 tbsp **liquid smoke**
- [ ] 2 cups chopped **cabbage**
- [ ] a drizzle of **oil** for the cabbage (about 1 tbsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 325 °F. Score the pork in a diamond pattern on the top and bottom so the seasoning can get in. 0:30
2. Rub the salt into the pork on all sides, set it in a roasting pan and pour the liquid smoke all over. 0:41
3. Cover the pan tightly with foil (or wrap the pork in ti or banana leaves first) and bake 3–4 hours, until a fork slides in easily and the meat falls apart. 1:13
4. Near the end, heat the oil in a sauté pan and stir-fry the cabbage until the leaves are tender. 1:36
5. Shred the pork with two forks, mix in the stir-fried cabbage and serve hot. 2:16

> **Tip** Serves about 6 (our estimate). In an Instant Pot: brown the pork, add 1 cup water, the liquid smoke and salt, and cook on high 90 minutes with natural release. Freezes well with some of its juices.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
524 kcal	40 g	1.7 g	0.8 g	39 g	1,090 mg
2,190 kJ	80% of a day	1 g net · 1 g sugars	3% of a day	14 g saturated	47% of a day
		1% of a day		50% of a day	

Energy from net carbs 1% · protein 31% · fat 68% — fits keto: 1 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Selenium 104% · Zinc 58% · Vitamin B12 57% · Vitamin B6 31% · Vitamin K 20% · Omega-3 20%

Source of (10–19%) Potassium 13% · Iron 13% · Vitamin C 13% · Vitamin D 13%

Recipe and video: Ono Hawaiian Recipes (@OnoHawaiianRecipes) on YouTube — youtube.com/watch?v=zmNUwyKCuM4, published 10 July 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kalua-pork-with-cabbage-oven