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## Kalua Pig Bowl ♦

The Kalua Pig Bowl is a traditional Hawaiian dish made with slow-roasted pork. It is typically consumed as a main course and is often served with rice and vegetables. The dish has a rich history and is a popular choice for luaus and other festive occasions.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 255 mins

**Total Time:** 255 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>1000 g</b>	Pork Shoulder
<b>2 tsp</b>	hawaiian sea salt
<b>4 leaves</b>	banana leaves
<b>2 c</b>	Water

# Directions

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## Step 1

Rub the pork shoulder with Hawaiian sea salt.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Wrap the pork shoulder in banana leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Slow cooker

Place the wrapped pork shoulder in a slow cooker.

**Prep Time:** 5 mins

**Cook Time:** 127 mins

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## Step 4

Slow cooker

Cook on low heat for 8 hours.

**Prep Time:** 0 mins

**Cook Time:** 127 mins

## Step 5

Shred the cooked pork shoulder.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 0 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

## Cuisines

Italian

Chinese

Indian

Mexican

French

Thai

Japanese

Mediterranean

Greek

Spanish

German

Korean

Vietnamese

American

Middle Eastern

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

Slow Cooker

Pressure Cooker

Air Fryer

Food Processor

## Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet

Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet

Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet

16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet

Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet

Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet

The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet

The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet

The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet

The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet

The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet



The Fertility Diet   The Breastfeeding Diet   The Low-Nickel Diet

The Chronic Urticaria Diet   The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet   The Raynaud's Disease Diet

The Sjögren's Syndrome Diet   The Low Tyramine Diet   The Lactose-Free Diet

The Fructose Malabsorption Diet   The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet   The Chronic Pancreatitis Diet

The Sarcoidosis Diet   The Leaky Gut Syndrome Diet   The Behçet's Disease Diet

The Graves' Disease Diet   The Addison's Disease Diet

The Cushing's Syndrome Diet   The Ankylosing Spondylitis Diet   The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet   The Asthma Diet

The Sinusitis Diet   The Bronchiectasis Diet   The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)   The Autism Diet

The Bipolar Disorder Diet   The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet   Blood Type O Diet

Blood Type A Diet   Blood Type B Diet   Blood Type AB Diet

## Cooking Method

Grilling   Frying   Baking   Boiling   Steaming   Microwaving   Blanching

Sautéing   Roasting   Smoking   Curing   Blending   Grinding   Freezing

Canning   Drying   Pickling   Sous Vide   Pasteurizing   Fermenting   Infusing

Pressing   Jellying   Carbonating   Whipping   Stirring   Simmering   Cutting

Cut   Mixing   Resting   Plating   Serving   Cooking   None   Stir-frying

Mashing   Preheating   Sprinkling   Heating   Refrigerating   Preparation

Cooling

Oven

Stove

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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