



Bayrischer Schweinebraten (Bavarian Roast Pork)

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 pounds pork loin roast boneless
- ☐ 2 tablespoons butter to taste
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 carrots
- ☐ 0.1 celery root chopped (celery root)
- ☐ 2 tablespoons cornstarch
- ☐ 2 teaspoons grainy mustard

- ☐ 1 teaspoon ground pepper black to taste
- ☐ 1 large onion quartered
- ☐ 1 teaspoon salt to taste
- ☐ 1 spring onion chopped
- ☐ 1 teaspoon paprika sweet
- ☐ 1 tablespoon vegetable oil

Equipment

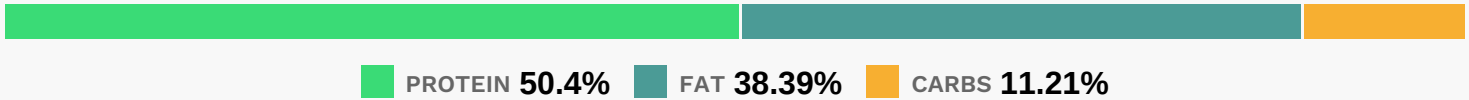
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Season pork loin with salt, black pepper, paprika, and caraway seeds; spread mustard over pork.
- ☐ Heat vegetable oil in a large skillet over medium-high heat; fry pork until browned on all sides, about 15 minutes.
- ☐ Transfer pork to a large roasting pan.
- ☐ Add onion, carrots, celeriac, and spring onion to the same skillet used to fry pork; cook and stir until vegetables are tender, about 10 minutes.
- ☐ Spread vegetable mixture around pork in roasting pan.
- ☐ Pour 1 cup hot water into the skillet used to cook the pork and vegetables; simmer and scrape up any browned bits from the bottom with a spatula.
- ☐ Pour water over pork.

- ☐
- Bake in preheated oven until pork is slightly pink in the center, 2 1/2 to 3 hours, basting often. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). If vegetables become dry, add 1 cup hot water, or as needed.
- ☐
- Transfer pork roast to a large platter and keep warm. Strain remaining liquid through a sieve into a saucepan; reserve vegetables.
- ☐
- Bring liquid to a boil and add butter and cornstarch; simmer until sauce is thickened, about 5 minutes. Slice pork and serve with sauce and vegetables.

Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:23.16043456741%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 316.2kcal (15.81%), Fat: 13.21g (20.33%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.03g (2.56%), Sugar: 2.35g (2.61%), Cholesterol: 117.19mg (39.06%), Sodium: 548.72mg (23.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.02g (78.04%), Vitamin A: 3701.74IU (74.03%), Vitamin B6: 1.38mg (68.79%), Selenium: 48.12µg (68.74%), Vitamin B1: 0.79mg (52.79%), Vitamin B3: 10.16mg (50.8%), Phosphorus: 419.18mg (41.92%), Potassium: 801.94mg (22.91%), Zinc: 3.25mg (21.67%), Vitamin B2: 0.35mg (20.85%), Vitamin K: 17.81µg (16.96%), Vitamin B12: 0.88µg (14.59%), Vitamin B5: 1.43mg (14.26%), Magnesium: 54.85mg (13.71%), Manganese: 0.16mg (7.86%), Iron: 1.33mg (7.39%), Copper: 0.14mg (6.99%), Fiber: 1.65g (6.6%), Vitamin C: 4.55mg (5.52%), Vitamin E: 0.82mg (5.49%), Vitamin D: 0.68µg (4.54%), Calcium: 34.08mg (3.41%), Folate: 11.47µg (2.87%)