

Park & Sons



HEALTH SCORE

83%

Cook the Book: Roast Pork with Thyme and Parsley



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



3617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch parsley fresh finely chopped
- ☐ 5 garlic clove finely chopped
- ☐ 6 servings pepper black
- ☐ 1 ham fresh boneless
- ☐ 1 pork tenderloin
- ☐ 2 shallots finely chopped
- ☐ 3 thyme sprigs fresh

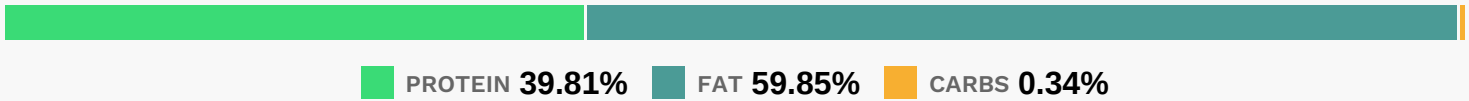
Equipment

- ☐ oven
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 325°F. Trim the picnic ham, then cut it into a rectangle the same length as the tenderloin.
- ☐ Remove the leaves from the thyme and mix with the parsley.
- ☐ Sprinkle the mixture over the picnic ham, then sprinkle with the garlic and shallots. Season well with salt.
- ☐ Place the tenderloin along one side of the picnic ham, then roll up the pork tightly. Tie with kitchen string and roll in pepper.
- ☐ Roast in the oven, turning frequently, for 2 hours, until highly caramelized. The roast can be eaten hot or cold.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:65.905217429866%

Flavonoids

Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 3616.7kcal (180.84%), Fat: 234.38g (360.58%), Saturated Fat: 83.32g (520.77%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.76g (0.85%), Cholesterol: 1023.18mg (341.06%), Sodium: 15990.69mg (695.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 350.72g (701.44%), Vitamin B1: 11mg (733.38%), Selenium: 394.74µg (563.92%), Vitamin B3: 79.63mg (398.17%), Vitamin B6: 7.45mg (372.49%), Phosphorus: 3603.03mg (360.3%), Zinc: 36.76mg (245.07%), Vitamin B2: 3.98mg (234.22%), Vitamin B12: 10.11µg (168.42%), Vitamin K: 156.07µg (148.64%), Potassium: 5096.37mg (145.61%), Vitamin B5: 8.7mg (87.04%),

Magnesium: 343.06mg (85.76%), Iron: 15.36mg (85.34%), Copper: 1.41mg (70.44%), Vitamin D: 10.24µg (68.27%),
Vitamin E: 5.54mg (36.95%), Vitamin C: 14.88mg (18.04%), Vitamin A: 831.19IU (16.62%), Manganese: 0.33mg
(16.58%), Folate: 57.59µg (14.4%), Calcium: 134.66mg (13.47%), Fiber: 0.73g (2.91%)