



Crown Roast of Pork



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



16

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 lb bone center-cut pork rib roast (16 to 18 ribs)
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon pepper
- ☐ 0.7 cup butter
- ☐ 1 cup celery stalks chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 6 cups mushrooms fresh sliced
- ☐ 8 cups rice vinegar

- ☐ 1 tablespoon marjoram dried fresh chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon pepper

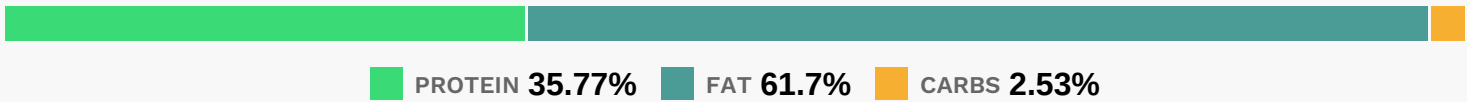
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325°F.
- ☐ Sprinkle pork with salt and pepper. On rack in shallow roasting pan, place pork with bone ends up. Wrap bone ends in foil to prevent excessive browning. Insert ovenproof meat thermometer so tip is in thickest part of pork and does not touch bone or rest in fat.
- ☐ Place small heatproof bowl or crumpled foil in crown to hold shape of roast evenly. Do not add water.
- ☐ Roast uncovered 2 hours 40 minutes to 3 hours 20 minutes.
- ☐ Meanwhile, make Mushroom Stuffing. About 1 hour before pork is done, remove bowl and fill center of crown with stuffing. Cover stuffing with foil for first 30 minutes.
- ☐ Remove pork from oven when thermometer reads 150°F; cover with tent of foil and let stand 15 to 20 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 10°F, and pork will be easier to carve.)
- ☐ Remove foil wrapping from bone ends. To serve, spoon stuffing into bowl and cut pork between ribs.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:18.991739138313%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 381.37kcal (19.07%), Fat: 24.3g (37.39%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.07g (1.19%), Cholesterol: 86.82mg (28.94%), Sodium: 618.81mg (26.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Selenium: 57.2µg (81.71%), Vitamin B3: 10.82mg (54.08%), Vitamin B6: 1.07mg (53.68%), Vitamin B1: 0.72mg (47.81%), Phosphorus: 345.95mg (34.6%), Vitamin B2: 0.42mg (24.65%), Zinc: 3mg (19.98%), Potassium: 654.49mg (18.7%), Vitamin B5: 1.61mg (16.08%), Vitamin B12: 0.83µg (13.87%), Copper: 0.23mg (11.44%), Magnesium: 41.47mg (10.37%), Vitamin A: 393.14IU (7.86%), Manganese: 0.15mg (7.62%), Vitamin D: 1.12µg (7.47%), Iron: 1.29mg (7.19%), Calcium: 57.5mg (5.75%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.5mg (3.33%), Fiber: 0.66g (2.63%), Folate: 9.98µg (2.5%), Vitamin C: 1.42mg (1.72%)