



Crown Roast of Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



180 min.

SERVINGS



12

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground
- 6 pound bone center-cut pork rib roast (12 to 20 chops, see note)

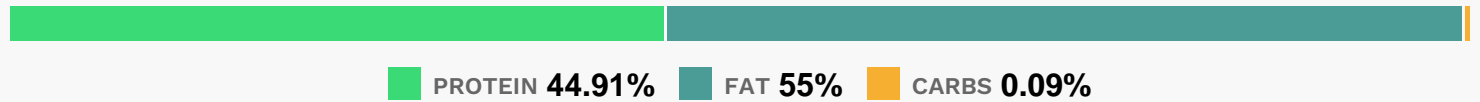
Equipment

- baking sheet
- oven
- wire rack
- aluminum foil

Directions

- Preheat oven to 250°F and adjust oven rack to center position. Season pork roast liberally with salt and pepper and place on a wire rack set in a rimmed baking sheet.
- Transfer to oven and roast until internal temperature reaches 140°F, about 2 hours.
- Remove from oven and tent with foil for at least 15 minutes and up to 45 minutes. Meanwhile, increase oven temperature to 500°F. Return roast to oven and cook until crisp and browned on the exterior, about 10 minutes.
- Remove from oven, tent with foil, allow to rest for 15 minutes, then carve by slicing in between each rib and serve.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:15.431738967805%

Nutrients (% of daily need)

Calories: 278.67kcal (13.93%), Fat: 16.53g (25.43%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0g (0%), Cholesterol: 86.82mg (28.94%), Sodium: 83.84mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.73%), Selenium: 53.14µg (75.92%), Vitamin B6: 1.02mg (51.06%), Vitamin B3: 9.48mg (47.39%), Vitamin B1: 0.68mg (45.51%), Phosphorus: 304.02mg (30.4%), Zinc: 2.77mg (18.47%), Vitamin B2: 0.27mg (15.6%), Potassium: 505.77mg (14.45%), Vitamin B12: 0.81µg (13.47%), Vitamin B5: 1.04mg (10.39%), Magnesium: 34.6mg (8.65%), Vitamin D: 1.05µg (6.99%), Iron: 0.89mg (4.96%), Copper: 0.1mg (4.93%), Calcium: 37.86mg (3.79%), Manganese: 0.02mg (1.24%), Vitamin E: 0.18mg (1.2%)