



Crown Roast of Pork

 Gluten Free  Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 29 oz chicken broth low-sodium canned
- 2 tablespoons sage fresh chopped
- 2 tablespoons thyme sprigs fresh chopped
- 2 tablespoons olive oil
- 1 large onion
- 10 pounds bone center-cut pork rib roast (16 chops)
- 10 servings salt and pepper

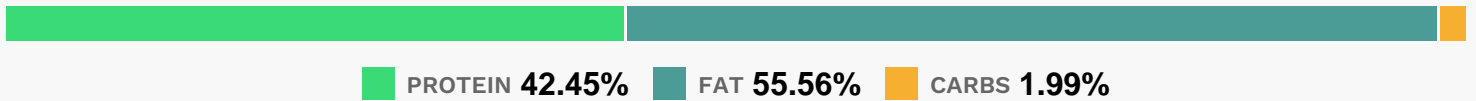
Equipment

- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- tongs

Directions

- Preheat oven to 350F.
- Place crown roast on a rack set in a large roasting pan. Rub roast all over, inside and out, with olive oil, and then sprinkle it with sage, thyme, salt and pepper. Peel onion and push it all the way into center of roast.
- Wrap ends of bones with foil to keep them from burning.
- Pour broth into roasting pan. Roast for 1 hour, then baste with pan juices every 30 minutes. After 2 1/2 hours, using tongs, remove onion from center of roast and place it in roasting pan.
- Continue to roast for 1 hour to 1 1/2 hours, until a meat thermometer stuck into meatiest part of a chop registers 160F.
- Remove from oven, place roast on a serving platter, tent with foil and allow to rest for 20 minutes.
- To serve, remove string holding roast together and carve between chops.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:34.287391294604%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 603.9kcal (30.19%), Fat: 36.44g (56.07%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.74g (0.83%), Cholesterol: 173.64mg (57.88%), Sodium: 386.94mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.65g (125.3%), Copper: 3.89mg (194.39%), Selenium: 106.35µg (151.93%), Vitamin B6: 2.07mg (103.64%), Vitamin B3: 20.12mg (100.61%), Vitamin B1: 1.38mg (91.75%), Phosphorus: 638.66mg (63.87%), Zinc: 5.69mg (37.96%), Vitamin B2: 0.57mg (33.33%), Potassium: 1115.19mg (31.86%), Vitamin B12: 1.7µg (28.31%), Vitamin B5: 2.1mg (20.99%), Magnesium: 75.46mg (18.87%), Vitamin D: 2.1µg (13.97%), Iron: 2.37mg (13.15%), Calcium: 95.27mg (9.53%), Manganese: 0.19mg (9.36%), Vitamin E: 0.77mg (5.1%), Vitamin C: 3.35mg (4.06%), Fiber: 0.54g (2.15%), Vitamin A: 90.76IU (1.82%), Vitamin K: 1.75µg (1.66%)