



## Crown Roast with Sourdough Dressing

 Dairy Free

READY IN



230 min.

SERVINGS



12

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 10 ounce golden mushroom soup canned
- ☐ 6 cups sourdough croutons
- ☐ 1 teaspoon marjoram dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 16 ounce chicken broth fat-free low-sodium canned
- ☐ 4 sausages italian hot
- ☐ 1 packet onion mushroom soup mix
- ☐ 0.3 cup parsley leaves fresh italian chopped

- ☐ 7 pound pork crown roast
- ☐ 12 servings salt and pepper
- ☐ 1 packet 1 packet zesty herb and garlic seasoning mix
- ☐ 1 packet peppercorn marinade mix green
- ☐ 5 tablespoons worcestershire sauce

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ pastry brush

## Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ In a large nonstick skillet, saute the sausages until browned, about 5 minutes.
- ☐ Add the onion mushroom soup mix, vegetable broth, and golden mushroom soup. Stir in the thyme, marjoram, parsley, and croutons. Season with salt and pepper.
- ☐ Remove the roast from the oven about 45 minutes before it is done. Fill the cavity with the sourdough dressing. Return the roast to the oven and cook for the remaining 45 minutes.
- ☐ Transfer the crown roast to a platter and replace the foil with paper frills.
- ☐ In a shallow roasting pan, combine the Worcestershire sauce, green peppercorn marinade mix, and herb seasoning mix.
- ☐ Place the crown roast into pan, bone ends up. Wrap the bone ends with aluminum foil to prevent them from browning too quickly. Using a pastry brush or spoon, coat the entire meat surface with the sauce mixture.
- ☐ Transfer the pan to the oven and roast uncovered for 20 to 25 minutes per pound of meat, about 2 1/2 to 3 1/2 hours.

## Nutrition Facts



 PROTEIN **33.04%**  FAT **54.57%**  CARBS **12.39%**

Properties

Glycemic Index:14.08, Glycemic Load:7.48, Inflammation Score:-5, Nutrition Score:25.996956535008%

Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg

Nutrients (% of daily need)

Calories: 552kcal (27.6%), Fat: 32.8g (50.46%), Saturated Fat: 8.93g (55.78%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 15.58g (5.66%), Sugar: 0.93g (1.04%), Cholesterol: 130.84mg (43.61%), Sodium: 1208.84mg (52.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.69g (89.37%), Selenium: 77.09µg (110.14%), Vitamin B1: 1.12mg (74.86%), Vitamin B3: 13.95mg (69.73%), Vitamin B6: 1.34mg (67.13%), Phosphorus: 455.66mg (45.57%), Zinc: 4.41mg (29.39%), Vitamin K: 29.59µg (28.18%), Vitamin B2: 0.46mg (27%), Potassium: 856.78mg (24.48%), Vitamin B12: 1.36µg (22.64%), Iron: 3mg (16.66%), Vitamin B5: 1.55mg (15.47%), Magnesium: 56.41mg (14.1%), Copper: 0.27mg (13.27%), Manganese: 0.23mg (11.43%), Calcium: 82.44mg (8.24%), Vitamin D: 1.22µg (8.15%), Folate: 28µg (7%), Vitamin C: 4.05mg (4.9%), Fiber: 1.18g (4.71%), Vitamin A: 166.18IU (3.32%), Vitamin E: 0.25mg (1.7%)