



Double Pork Loin Roast with Fennel and Sage



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings fennel and belgian endive casserole
- ☐ 2 teaspoons peppercorns whole black
- ☐ 1.5 teaspoons coarse salt
- ☐ 2 teaspoons rubbed sage dried
- ☐ 1 fat-trimmed ()
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 1 tablespoon fennel seeds

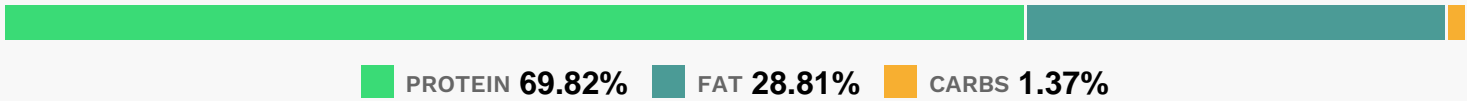
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ mortar and pestle

Directions

- ☐ Rinse pork and pat dry.
- ☐ In a food processor (a mini model works best), blender, or mortar with pestle, coarsely grind or crush fennel seeds with sage, peppercorns, and 1 1/2 teaspoons salt. Rub all the fennel-seed mixture evenly over pork, tucking some into crevice where roasts join.
- ☐ Set meat on a rack in a 9- to 10-inch by 13- to 15-inch rimmed pan.
- ☐ Bake in a 375 regular or convection oven until a thermometer inserted in center of roast reaches 150, about 2 1/4 hours.
- ☐ Transfer roast to a platter; let rest in a warm place for at least 10 and up to 30 minutes.
- ☐ Meanwhile, skim and discard fat from pan drippings.
- ☐ Add chicken broth to pan; scrape bottom to release browned bits. Set pan over high heat and stir until boiling.
- ☐ Pour any juices accumulated on platter into pan.
- ☐ Pour mixture through a fine strainer into a small pitcher.
- ☐ Slice meat and serve with pan juices, salt to add to taste, and fennel and Belgian endive casserole.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:18.693912722818%

Nutrients (% of daily need)

Calories: 245.99kcal (12.3%), Fat: 7.56g (11.63%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.03g (0.04%), Cholesterol: 115.24mg (38.41%), Sodium: 458.29mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.22g (82.45%), Selenium: 51.12µg (73.03%), Vitamin B6: 1.39mg (69.45%), Vitamin B1: 0.82mg (54.35%), Vitamin B3: 10.66mg (53.28%), Phosphorus: 417.51mg (41.75%), Zinc: 3.33mg (22.18%), Vitamin B2: 0.35mg (20.56%), Potassium: 710.35mg (20.3%), Vitamin B12: 0.97µg (16.18%), Vitamin B5: 1.4mg (13.97%), Magnesium: 51.11mg (12.78%), Manganese: 0.14mg (7.17%), Iron: 1.19mg (6.6%), Copper: 0.13mg (6.28%), Vitamin D: 0.73µg (4.88%), Calcium: 19.78mg (1.98%), Fiber: 0.42g (1.69%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.49µg (1.42%)