



Fennel-Rubbed Pork Rib Roast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple juice
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 2 teaspoons fennel seeds
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 5 pound center-cut 8-blade pork rib roast
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

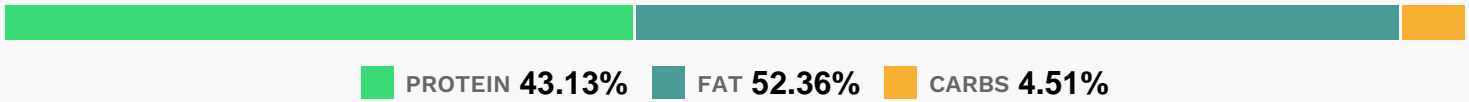
Directions

- ☐ Preheat oven to 40
- ☐ Place fennel seeds in a clean spice or coffee grinder; pulse until coarsely ground.
- ☐ Combine fennel, 1/2 teaspoon freshly ground black pepper, salt, and minced garlic in a small bowl; rub evenly over roast. Spray roast lightly with cooking spray.
- ☐ Place roast on the rack of a shallow roasting pan coated with cooking spray.
- ☐ Pour 2 cups broth into pan; place rack in pan.
- ☐ Bake at 400 for 30 minutes. Reduce oven temperature to 350 (do not remove roast from oven); bake an additional 40 minutes or until a thermometer registers 15
- ☐ Remove roast from pan; let stand, uncovered, 10 minutes before carving. Slice vertically between each rib bone.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into pan, stopping before fat layer reaches opening; discard fat.
- ☐ Add apple juice to pan.
- ☐ Combine remaining 1 cup broth and flour, stirring with a whisk.
- ☐ Add flour mixture to pan. Bring to a boil over medium-high heat, stirring constantly with a whisk. Boil 1 minute or until thickened, stirring constantly.
- ☐ Remove from heat; stir in remaining 1/4 teaspoon black pepper.

☐

Serve with pork.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:1.86, Inflammation Score:-3, Nutrition Score:20.770434489717%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 369.25kcal (18.46%), Fat: 20.93g (32.19%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.7g (1.35%), Sugar: 1.64g (1.82%), Cholesterol: 108.52mg (36.17%), Sodium: 599.61mg (26.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.78g (77.57%), Selenium: 69.12µg (98.74%), Vitamin B6: 1.31mg (65.42%), Vitamin B3: 12.48mg (62.42%), Vitamin B1: 0.88mg (58.78%), Phosphorus: 396.75mg (39.68%), Zinc: 3.53mg (23.53%), Vitamin B2: 0.36mg (21.43%), Potassium: 689.25mg (19.69%), Vitamin B12: 1.18µg (19.68%), Vitamin B5: 1.42mg (14.24%), Magnesium: 47.6mg (11.9%), Vitamin D: 1.31µg (8.73%), Iron: 1.46mg (8.11%), Copper: 0.15mg (7.68%), Manganese: 0.12mg (6.22%), Calcium: 60.64mg (6.06%), Vitamin E: 0.23mg (1.53%), Fiber: 0.35g (1.41%), Folate: 4.35µg (1.09%)