



Fennel-Rubbed Pork Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon aniseed crushed
- ☐ 2 tablespoons fennel seeds crushed
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 3 pound pork sirloin roast
- ☐ 1 teaspoon pepper red crushed

Equipment

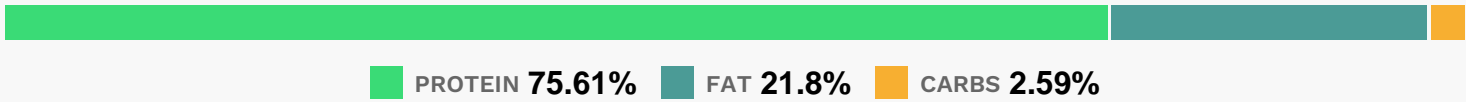
- ☐ oven

☐ cutting board

Directions

- ☐ Preheat oven to 400°F. Rub pork with oil;season generously with salt and pepperand rub with fennel seeds, anise seeds,and red pepper flakes, pressing to adhere.
- ☐ Place pork roast, fat side up, on a rimmedbaking sheet and roast until deeplybrowned and an instant-read thermometerinserted into the center registers 135°F,60–70 minutes.
- ☐ Transfer to a cutting board; let pork restat least 10 minutes before slicing.
- ☐ DO AHEAD: Pork can be seasoned 1 dayahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:20.154782734811%

Nutrients (% of daily need)

Calories: 216.34kcal (10.82%), Fat: 5.04g (7.75%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.02g (0.02%), Cholesterol: 105.46mg (35.15%), Sodium: 90.64mg (3.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Vitamin B1: 1.12mg (74.79%), Selenium: 45µg (64.28%), Vitamin B3: 12.36mg (61.81%), Vitamin B6: 1.19mg (59.47%), Phosphorus: 406.14mg (40.61%), Vitamin B2: 0.62mg (36.31%), Zinc: 3.59mg (23.96%), Potassium: 721.13mg (20.6%), Vitamin B5: 1.54mg (15.4%), Vitamin B12: 0.9µg (15.03%), Magnesium: 50.12mg (12.53%), Iron: 1.98mg (10.99%), Manganese: 0.15mg (7.38%), Copper: 0.14mg (7.03%), Fiber: 0.82g (3.28%), Calcium: 32.58mg (3.26%), Vitamin E: 0.48mg (3.23%), Vitamin A: 79.03IU (1.58%), Vitamin K: 1.48µg (1.41%)