



Fennel-stuffed Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



2475 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chili flakes hot
- ☐ 2 heads fennel bulb ()
- ☐ 3 cloves garlic minced pressed
- ☐ 1 teaspoon olive oil
- ☐ 6 lb fat-trimmed shoulder-end pork loin
- ☐ 10 servings salt and pepper

Equipment

- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Rinse and drain fennel. Trim tops, discard tough stalks, and save feathery greens. Coarsely chop enough greens to make 1/2 cup; save extras for garnish. Trim and discard root ends and bruised areas from fennel heads. Using a slicer, cut fennel into 1/16-inch-thick pieces.
- ☐ In a 10- to 12-inch frying pan over high heat, mix fennel, garlic, oil, and 1/4 cup water. Stir often until liquid evaporates and fennel is lightly browned, about 6 minutes. Stir in 1/2 cup fennel greens and chilies.
- ☐ Remove from heat.
- ☐ Wipe roast with a damp towel. With a paring knife, make a cut the length of the roast and parallel to the backbone to create a pocket that is about 3 inches deep. Spoon fennel mixture evenly into the pocket, packing it in to use all.
- ☐ With cotton string, tie roast crosswise at every rib to hold fennel stuffing in place. Set meat, rib side down, on a rack in an 11- by 17-inch pan.
- ☐ Bake at 375 until a thermometer inserted in the center of the thickest part registers 150 to 155, about 2 1/4 hours.
- ☐ Transfer roast to a platter; snip string and remove. Skim and discard fat from roast drippings. Scrape drippings free with 2 to 3 tablespoons water, and pour over meat.
- ☐ Garnish roast with reserved fennel greens. Slice between ribs to serve.
- ☐ Add salt and pepper to taste.

Nutrition Facts

 PROTEIN 0.11%  FAT 99.28%  CARBS 0.61%

Properties

Glycemic Index:7.5, Glycemic Load:0.97, Inflammation Score:3, Nutrition Score:6.0482609207216%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 2474.79kcal (123.74%), Fat: 272.68g (419.51%), Saturated Fat: 106.79g (667.42%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.86g (2.07%), Cholesterol: 258.55mg (86.18%), Sodium: 221.57mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin D: 6.8µg (45.36%), Vitamin K: 29.86µg (28.44%), Vitamin E: 2.04mg (13.59%), Vitamin C: 5.9mg (7.15%), Fiber: 1.54g (6.16%), Potassium: 201.3mg (5.75%), Manganese: 0.11mg (5.42%), Folate: 12.72µg (3.18%), Zinc: 0.41mg (2.75%), Phosphorus: 25.38mg (2.54%), Calcium: 25.34mg (2.53%), Vitamin A: 122.09IU (2.44%), Iron: 0.4mg (2.2%), Magnesium: 8.48mg (2.12%), Vitamin B6: 0.04mg (1.87%), Copper: 0.04mg (1.79%), Vitamin B3: 0.33mg (1.65%), Selenium: 1.04µg (1.49%), Vitamin B5: 0.12mg (1.16%), Vitamin B2: 0.02mg (1.05%)