



Fig and Rosemary Pot Roast

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 1 tablespoon butter room temperature
- ☐ 1 medium carrots peeled chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cups wine dry white
- ☐ 8 ounce figs dried stemmed halved lengthwise
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 garlic clove chopped
- ☐ 14 ounce chicken broth canned

- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 6 rib pork loin

Equipment

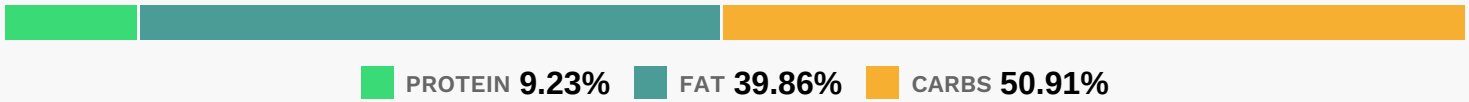
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Preheat oven to 300°F. Bring wine and figs to boil in small saucepan.
- ☐ Remove from heat and let stand until figs soften, about 15 minutes.
- ☐ Drain figs, reserving wine and figs separately.
- ☐ Meanwhile, heat oil in heavy large ovenproof pot over medium-high heat.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Add pork to pot and cook until browned on all sides, about 8 minutes total.
- ☐ Transfer pork to platter.
- ☐ Add onion and carrot to same pot. Cover and reduce heat to medium-low. Cook until onion is golden brown, stirring occasionally, about 8 minutes. Stir in rosemary and garlic; sauté 1 minute.
- ☐ Add broth and reserved wine.
- ☐ Return pork to pot, meat side down. Bring to boil. Cover and transfer to oven.

- ☐
- Bake until thermometer inserted into center of roast registers 150°F, adding figs during last 10 minutes of roasting, about 1 1/2 hours.
- ☐
- Transfer pork to cutting board. Using slotted spoon, transfer figs to small bowl. Tent pork and figs with foil to keep warm. Spoon fat from surface of sauce. Bring sauce to boil. Stir butter and flour in medium bowl to blend.
- ☐
- Whisk 1 cup sauce and mustard into butter mixture.
- ☐
- Whisk mustard–butter mixture into sauce in pot. Boil sauce until thickened and slightly reduced, about 8 minutes. Season to taste with salt and pepper.
- ☐
- Transfer pork to platter, surround with figs, and pour sauce over. Carve pork between rib bones.

Nutrition Facts



Properties

Glycemic Index:56.14, Glycemic Load:5.57, Inflammation Score:-9, Nutrition Score:5.9304347257737%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 163.86kcal (8.19%), Fat: 5.03g (7.73%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 12.43g (4.52%), Sugar: 8.36g (9.29%), Cholesterol: 5.65mg (1.88%), Sodium: 102.79mg (4.47%), Alcohol: 8.24g (100%), Alcohol %: 4.63% (100%), Protein: 2.62g (5.24%), Vitamin A: 1824.18IU (36.48%), Manganese: 0.23mg (11.48%), Fiber: 2.01g (8.04%), Potassium: 280.08mg (8%), Vitamin B6: 0.15mg (7.52%), Vitamin B3: 1.44mg (7.18%), Phosphorus: 59.72mg (5.97%), Magnesium: 21.68mg (5.42%), Vitamin K: 5.18µg (4.93%), Vitamin B1: 0.07mg (4.52%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.26%), Iron: 0.76mg (4.22%), Selenium: 2.82µg (4.03%), Vitamin C: 3.12mg (3.78%), Calcium: 37.48mg (3.75%), Vitamin E: 0.52mg (3.49%), Folate: 11.58µg (2.9%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.08µg (1.25%)