



HEALTH SCORE

74%

Grilled Tuscan Pork Rib Roast with Rosemary Coating and Red Pepper Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 anchovy drained chopped
- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup rosemary leaves fresh (from 2 large bunches)
- ☐ 6 large garlic clove
- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup olive oil

- ☐ 1 strips orange zest with vegetable peeler)
- ☐ 2 teaspoons orange zest grated
- ☐ 15.5 pound bone center-cut pork rib roast trimmed (6 or 7 rib bones)
- ☐ 1.5 pounds bell pepper red (3 large)
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt

Equipment

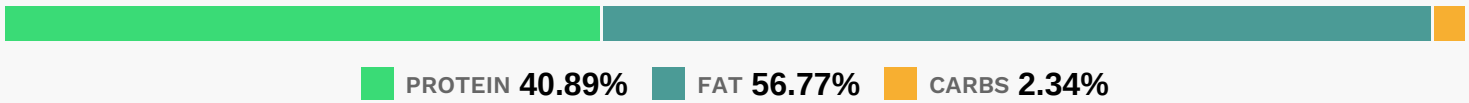
- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs
- ☐ candy thermometer

Directions

- ☐ Char peppers directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel and seed peppers.
- ☐ Transfer peppers to processor; using on/off turns, puree peppers coarsely.
- ☐ Transfer peppers to bowl.
- ☐ Mix in remaining ingredients. Season relish to taste with salt and pepper.
- ☐ Let stand 1 hour. (Relish can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Combine rosemary, oil, garlic, orange peel strips, salt, and pepper in processor; blend until thick and almost smooth.
- ☐ Spread rosemary puree evenly over pork.
- ☐ Let stand while preparing barbecue.
- ☐ Stand charcoal chimney on nonflammable surface.

- ☐ Place torn newspaper in bottom of chimney; add charcoal briquettes. Light paper through hole near bottom of chimney.
- ☐ Let charcoal burn until ash is just gray, 30 minutes.
- ☐ Open vents at bottom of barbecue.
- ☐ Remove top rack. Carefully turn out hot charcoal from chimney onto bottom rack over 1 vent. To make a drip pan, pour water into disposable 9-inch-diameter foil pan to depth of 1/2 inch. Set pan with water on rack next to charcoal. Return top rack to barbecue.
- ☐ Place pork roast, bone side down, on top rack over drip pan. Cover barbecue with lid, positioning top vent directly over pork.
- ☐ Place stem of metal candy thermometer through top vent, keeping gauge on outside; thermometer should not touch meat or rack. Leave thermometer in place during cooking. Grill pork 1 hour, maintaining temperature of 325°F by opening top and bottom vents wider to increase heat and closing vents to decrease heat. Leave any other vents closed.
- ☐ Using tongs, turn pork over. Cover barbecue. Cook pork until instant-read meat thermometer inserted into top center of roast registers 140°F to 145°F, about 15 minutes longer; temperature in barbecue may fall below 325°F during last 30 minutes.
- ☐ Transfer pork to platter, leaving meat thermometer in place. Tent loosely with foil; let stand 15 minutes (temperature of meat will rise to 150°F to 155°F).
- ☐ Cut pork between bones to separate chops.
- ☐ Serve with red pepper relish.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:57.38304324772%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 1588.49kcal (79.42%), Fat: 98.04g (150.83%), Saturated Fat: 20.12g (125.78%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.06g (5.62%), Cholesterol: 450.16mg (150.05%), Sodium: 904.96mg (39.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 158.88g (317.77%), Selenium: 276.13µg (394.47%), Vitamin B6: 5.66mg (282.86%), Vitamin B3: 50.52mg (252.62%), Vitamin B1: 3.6mg (239.86%), Vitamin C: 147.82mg (179.18%), Phosphorus: 1611.42mg (161.14%), Zinc: 14.71mg (98.07%), Vitamin B2: 1.48mg (87.31%), Potassium: 2891.56mg (82.62%), Vitamin A: 3712.56IU (74.25%), Vitamin B12: 4.19µg (69.88%), Vitamin B5: 5.78mg (57.8%), Magnesium: 197.06mg (49.26%), Vitamin D: 5.41µg (36.09%), Iron: 5.5mg (30.57%), Vitamin E: 4.52mg (30.16%), Copper: 0.56mg (27.89%), Calcium: 222mg (22.2%), Manganese: 0.29mg (14.52%), Folate: 55.86µg (13.97%), Vitamin K: 13.85µg (13.19%), Fiber: 3.01g (12.03%)