



Herb-Crusted Rack of Pork

 Dairy Free

READY IN



155 min.

SERVINGS



35

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb baby carrots cleaned
- 1 cup bread crumbs plain dry
- 0.3 cup chives fresh chopped
- 0.5 cup parsley fresh chopped
- 1 Tbsp rosemary fresh chopped
- 0.5 tsp coarsely ground pepper black
- 0.3 cup grey poupon savory honey mustard
- 0.3 cup olive oil divided

- 1 medium onion spanish cut into 8 wedges
- 5 lb pork loin bone-in
- 1 tsp salt

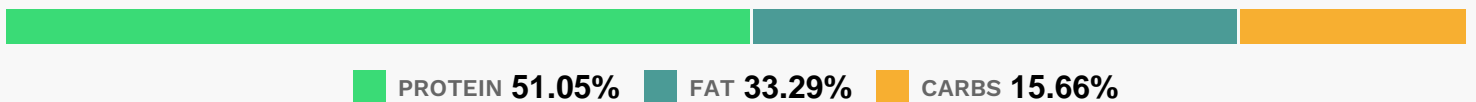
Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 350F. Trim excess fat from meat; spread evenly with mustard.
- Mix bread crumbs, parsley, chives, rosemary, 3 Tbsp. of the oil, the salt and pepper; press evenly onto meat.
- Place on rack in roasting pan.
- Mix carrots and onion; toss with remaining 1 Tbsp. oil.
- Add to pan with meat.
- Bake 1 hour 30 min. to 2 hours or until meat thermometer registers 160F.
- Let stand 10 to 15 min. before slicing.
- Serve with carrots and onions.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:9.88391311272333%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg, Apigenin: 1.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 122.43kcal (6.12%), Fat: 4.37g (6.72%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.01g (1.46%), Sugar: 1.43g (1.59%), Cholesterol: 40.82mg (13.61%), Sodium: 143.41mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.15%), Vitamin A: 1873.44IU (37.47%), Selenium: 18.86µg (26.95%), Vitamin B6: 0.51mg (25.59%), Vitamin B1: 0.32mg (21.55%), Vitamin B3: 4.02mg (20.08%), Vitamin K: 17.08µg (16.26%), Phosphorus: 156.17mg (15.62%), Zinc: 1.25mg (8.33%), Potassium: 290.03mg (8.29%), Vitamin B2: 0.14mg (8.26%), Vitamin B12: 0.34µg (5.69%), Vitamin B5: 0.56mg (5.61%), Magnesium: 20.43mg (5.11%), Iron: 0.69mg (3.85%), Manganese: 0.06mg (3.16%), Copper: 0.06mg (3.1%), Fiber: 0.62g (2.47%), Vitamin C: 1.89mg (2.29%), Folate: 9.06µg (2.26%), Vitamin E: 0.32mg (2.11%), Vitamin D: 0.26µg (1.73%), Calcium: 15.54mg (1.55%)