

HEALTH SCORE

59%

Herb-Crusted Rack Of Pork



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



1217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 ounce chicken broth canned
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 0.3 cup thyme leaves fresh chopped
- ☐ 7 garlic cloves minced
- ☐ 2 tablespoons coarsely ground pepper

- ☐ 0.3 cup butter
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 6 pound fatty pork racks of
- ☐ 1.5 teaspoons salt
- ☐ 8 servings garnish: thyme sprigs fresh
- ☐ 1 tablespoon tomato paste

Equipment

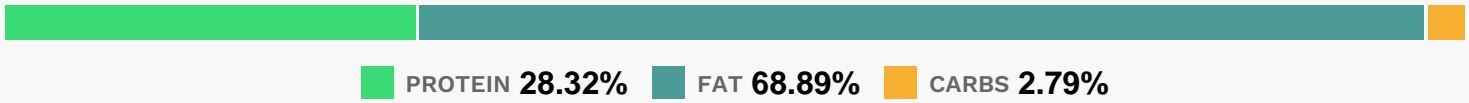
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Rub pork with olive oil, and sprinkle with salt. Stir together garlic and next 4 ingredients; press onto pork.
- ☐ Place pork on a rack in a lightly greased broiler pan; cover bone tips with aluminum foil to prevent burning.
- ☐ Bake at 350 for 1 hour and 15 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Transfer pork to a serving tray.
- ☐ Pour pan drippings into a skillet.
- ☐ Add butter to drippings; cook over medium heat until butter melts.
- ☐ Whisk in flour until smooth. Cook, whisking constantly, until caramel colored. Gradually whisk in broth and next 3 ingredients; cook over medium heat, whisking constantly, 2 to 3 minutes or until mixture is thickened and bubbly.
- ☐ Serve with pork.

- ☐
- Garnish, if desired.
- ☐
- Note: Ask your butcher to French-cut the racks for a nice presentation. A rack of pork is bone-in, fresh pork loin.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:42.84434759876%

Flavonoids

Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1216.89kcal (60.84%), Fat: 91.65g (140.99%), Saturated Fat: 31.09g (194.3%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.07g (2.57%), Sugar: 0.32g (0.35%), Cholesterol: 296.32mg (98.77%), Sodium: 1207.31mg (52.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.77g (169.54%), Copper: 4.82mg (240.94%), Vitamin B1: 2.55mg (169.88%), Selenium: 104.92µg (149.89%), Vitamin B3: 17.73mg (88.63%), Vitamin B6: 1.56mg (77.82%), Phosphorus: 773.59mg (77.36%), Zinc: 10.27mg (68.45%), Vitamin B12: 3.42µg (56.94%), Vitamin B2: 0.96mg (56.35%), Vitamin K: 53.52µg (50.97%), Potassium: 1234.56mg (35.27%), Iron: 5.72mg (31.76%), Manganese: 0.53mg (26.7%), Magnesium: 98.74mg (24.69%), Vitamin B5: 2.37mg (23.65%), Vitamin A: 898.68IU (17.97%), Vitamin C: 11.76mg (14.26%), Calcium: 104.34mg (10.43%), Vitamin E: 1.44mg (9.59%), Folate: 35.03µg (8.76%), Fiber: 1.28g (5.13%)