

 100%
HEALTH SCORE

Jenn's Stuffed Pork Roast and Veggies



Gluten Free



Very Healthy

READY IN



165 min.

SERVINGS



1

CALORIES



3941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baby spinach packed
- ☐ 0.3 cup butter melted
- ☐ 4 carrots quartered
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 1 sprig rosemary fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 teaspoon kosher salt

- ☐ 3 tablespoons olive oil divided
- ☐ 1 onion quartered
- ☐ 1 tablespoon onion powder
- ☐ 1 teaspoon cracked pepper black
- ☐ 7 pineapple pieces dried
- ☐ 4 pound center cut pork roast bone-in
- ☐ 1 teaspoon poultry seasoning
- ☐ 3 yukon gold potatoes peeled quartered

Equipment

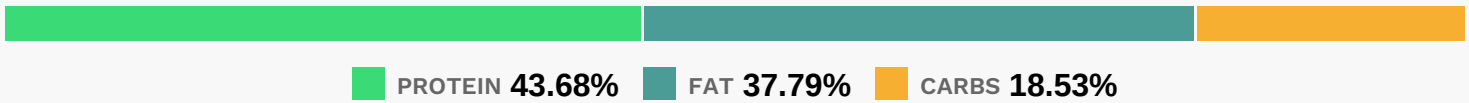
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ With a kitchen towel or paper towels, pat dry the pot roast. Turn roast fat side up. With a paring knife, cut deep slits between each rib. Stuff each slit with spinach and dried pineapple. Wrap the roast with butchers' twine to hold the meat together.
- ☐ In a large bowl, stir together rosemary, parsley, poultry seasoning, garlic, garlic powder, onion powder, salt, cracked pepper, butter, and 1 1/2 tablespoons oil. Rub half of the mixture over the roast and inside the slits.

- ☐
- Heat 1 1/2 tablespoons oil over high heat. Sear the roast, turning to brown on all sides, about 5 minutes.
- ☐
- Transfer roast to a roasting pan fat side up; scatter carrots, potatoes, and onion around the roast.
- ☐
- Pour remaining rub mixture over vegetables.
- ☐
- Roast, uncovered, in a preheated oven for 2 1/2 hours, until the internal temperature of the roast reads 145 degrees F (63 degrees C).
- ☐
- Remove roast, cover with an aluminum foil tent, and let rest 20 minutes to 1/2 hour to ensure moistness. Slice along each rib, and serve with pan gravy.

Nutrition Facts



Properties

Glycemic Index:338.58, Glycemic Load:76.07, Inflammation Score:-10, Nutrition Score:86.816956561545%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 26.76mg, Quercetin: 26.76mg, Quercetin: 26.76mg, Quercetin: 26.76mg

Nutrients (% of daily need)

Calories: 3940.93kcal (197.05%), Fat: 163.24g (251.14%), Saturated Fat: 58.01g (362.53%), Carbohydrates: 180.01g (60%), Net Carbohydrates: 156.15g (56.78%), Sugar: 58.37g (64.86%), Cholesterol: 1265.07mg (421.69%), Sodium: 3800.99mg (165.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 424.54g (849.08%), Vitamin A: 42971.7IU (859.43%), Vitamin B6: 15.94mg (797.02%), Selenium: 509.13µg (727.33%), Vitamin B1: 8.75mg (583.09%), Vitamin B3: 112.41mg (562.03%), Phosphorus: 4574.58mg (457.46%), Potassium: 10148.51mg (289.96%), Zinc: 35.65mg (237.69%), Vitamin B2: 3.79mg (222.86%), Magnesium: 659.3mg (164.82%), Vitamin C: 135.19mg (163.86%), Vitamin B5: 16.05mg (160.53%), Vitamin B12: 9.35µg (155.83%), Vitamin K: 129.21µg (123.06%), Manganese: 2.08mg (104.21%), Iron: 17.73mg (98.5%), Fiber: 23.86g (95.44%), Copper: 1.9mg (95.21%), Vitamin E: 11.68mg (77.88%), Vitamin D: 7.26µg (48.38%), Folate: 176.8µg (44.2%), Calcium: 371.83mg (37.18%)