



JKL Pesto Pork and Veggie Roast

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

508 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 3 teaspoons pepper black divided freshly ground
- ☐ 3 tablespoons butter
- ☐ 2 carrots washed and cut into 8 pieces
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.8 cup chicken stock see plus more if needed
- ☐ 3 teaspoons sea salt divided
- ☐ 1 tablespoon rosemary leaves fresh
- ☐ 5 cloves garlic
- ☐ 1 tablespoon grapeseed oil

- ☐ 2 onions quartered
- ☐ 1 cup pesto store-bought
- ☐ 3 pound pork loin roast
- ☐ 2 medium potatoes red quartered
- ☐ 3 teaspoons sugar
- ☐ 2 summer squash cut into 8 half-moon pieces
- ☐ 3 tomatoes quartered
- ☐ 0.5 cup white wine plus more if needed
- ☐ 2 zucchini cut into 8 half-moon pieces

Equipment

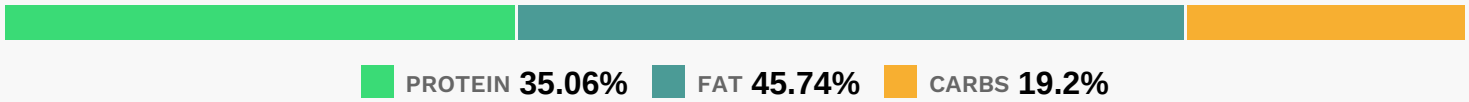
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove
- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ In a mortar and pestle, combine the garlic, 2 teaspoons coarse sea salt, 2 teaspoons black pepper, cayenne, rosemary, and sugar and pound together until a thick paste forms. Rub evenly over the pork roast.
- ☐ Remove the V-rack from a large roasting pan and fill the pan with the prepared vegetables.
- ☐ Add in the remaining 1 teaspoon salt and pepper, pesto, oil, wine, and chicken stock. Toss together with your hands to combine evenly.
- ☐ Return the V-rack to the roasting pan, centered over the vegetables, place the pork roast on top, and place in the oven.

- ☐ Cook for 30 minutes at 425 degrees F, and then lower to 325 degrees F for 1 hour, turning the pork roast over after 30 minutes to brown the other side. Baste with the juices from the roasting pan 2 to 3 times throughout the hour.
- ☐ Remove from the oven when the internal temperature reaches 140 degrees F.
- ☐ Place on a cutting board, tent lightly with aluminum foil, and allow to rest for 5 to 10 minutes.
- ☐ Remove the vegetables to a large serving platter and tent with foil to keep warm.
- ☐ Place the roasting pan on the stove over medium-high heat and bring the pan juices to a boil, whisking.
- ☐ Add more wine and chicken stock, if needed, and reduce until slightly thickened, 5 minutes.
- ☐ Whisk in the butter and adjust seasoning, to taste.
- ☐ Slice the pork thinly on a slight bias and serve with the jus and vegetables.

Nutrition Facts



Properties

Glycemic Index:55.24, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:30.731739002725%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 507.99kcal (25.4%), Fat: 25.19g (38.76%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 19.65g (7.14%), Sugar: 9.11g (10.13%), Cholesterol: 121.6mg (40.53%), Sodium: 1340.92mg (58.3%), Alcohol: 1.54g (100%), Alcohol %: 0.4% (100%), Protein: 43.45g (86.9%), Vitamin B6: 1.7mg (85.08%), Vitamin A: 3926.58IU (78.53%), Selenium: 48.61µg (69.45%), Vitamin B1: 0.9mg (59.72%), Vitamin B3: 11.7mg (58.51%), Phosphorus: 491.26mg (49.13%), Potassium: 1389.15mg (39.69%), Vitamin C: 31.67mg (38.38%), Vitamin B2: 0.5mg (29.59%), Manganese: 0.52mg (25.99%), Zinc: 3.79mg (25.26%), Magnesium: 87.35mg (21.84%), Vitamin B5: 1.74mg (17.44%), Fiber: 4.16g (16.64%), Copper: 0.3mg (14.79%), Vitamin B12: 0.88µg (14.61%), Folate: 52.55µg

(13.14%), Iron: 2.29mg (12.73%), Vitamin K: 12.67µg (12.07%), Calcium: 106.34mg (10.63%), Vitamin E: 1.36mg (9.07%),
Vitamin D: 0.68µg (4.54%)