



HEALTH SCORE

58%

Loin of Pork with Bay Leaves



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 bay leaves whole crumbled plus more leaves for garnish
- ☐ 4 pound pork loin boneless
- ☐ 4 garlic cloves with the flat side of a knife crushed
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely sliced
- ☐ 6 peppercorns
- ☐ 1 teaspoon salt
- ☐ 0.5 cup white wine

Equipment

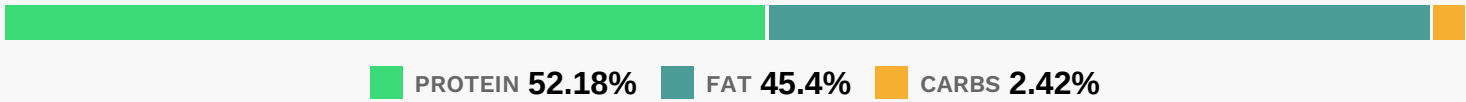
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ ziploc bags

Directions

- ☐ In a small bowl mix the olive oil, garlic, salt, peppercorns, and crumbled bay leaves and rub the mixture all over the meat.
- ☐ Put the pork on a large dish or in a large plastic bag and cover the dish or tie up the bag and leave in the refrigerator if you've got steeping time; otherwise – if you're about to start cooking it – just leave it out.
- ☐ Preheat the oven to 400 degrees F. Line a roasting pan with the onion. Strew over the onion 10 whole bay leaves.
- ☐ Place the pork, including its marinade, on top and the bones all around, if they fit and if you've got them. Roast in the oven for about 1 3/4 hours or to an internal temperature of 150 to 155 degrees F on an instant-read thermometer, basting regularly.
- ☐ Remove the pork, scraping burnt bits off, to a plate or carving board and let it sit. On the stove at moderate heat, pour the wine and 1/2 cup boiling water over the bones, bay, garlic, and onion.
- ☐ Let it bubble up and reduce by about a third, and then remove the bones gingerly and strain the liquid contents into a saucepan.
- ☐ Heat, correct the seasoning, and add liquid as you like to make a good, thin, not-quite gravy.
- ☐ Carve the loin, put the slices on a big warmed plate, sprinkle with salt, and pour over a little of the juice-gravy, then tent with foil and leave in the turned-off oven while you eat the starter. It is a bit prinky, I know, but it will look fabulous if, when you take it out, you arrange, Napoleonically, some more bay leaves around the edges of the dish with the bay-scented

pork.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:29.968695530425%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 550.72kcal (27.54%), Fat: 26.33g (40.51%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.99g (1.1%), Cholesterol: 190.51mg (63.5%), Sodium: 538.19mg (23.4%), Alcohol: 2.06g (100%), Alcohol %: 0.73% (100%), Protein: 68.08g (136.16%), Selenium: 84.17µg (120.25%), Vitamin B6: 2.34mg (117.24%), Vitamin B1: 1.35mg (90.21%), Vitamin B3: 17.44mg (87.18%), Phosphorus: 692.82mg (69.28%), Zinc: 5.53mg (36.89%), Vitamin B2: 0.58mg (33.94%), Potassium: 1182.9mg (33.8%), Vitamin B12: 1.54µg (25.7%), Vitamin B5: 2.3mg (22.98%), Magnesium: 83.46mg (20.86%), Vitamin E: 2.42mg (16.1%), Iron: 1.97mg (10.92%), Copper: 0.19mg (9.6%), Vitamin K: 8.78µg (8.36%), Vitamin D: 1.21µg (8.06%), Manganese: 0.14mg (6.86%), Calcium: 27.8mg (2.78%), Vitamin C: 2.1mg (2.55%), Fiber: 0.45g (1.8%), Folate: 4.24µg (1.06%)