

health-score53%

HEALTH SCORE

# Loin of Pork with Fennel and Garlic

Gluten Free Dairy Free

READY IN

ready

120 min.

SERVINGS

servings

8

CALORIES

calories

414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons fennel seeds
- ☐ 0.3 cup rosemary leaves fresh chopped
- ☐ 6 garlic cloves
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons lemon zest 2 lemons
- ☐ 2 tablespoons olive oil good

☐ 5 pound loin of pork bone in

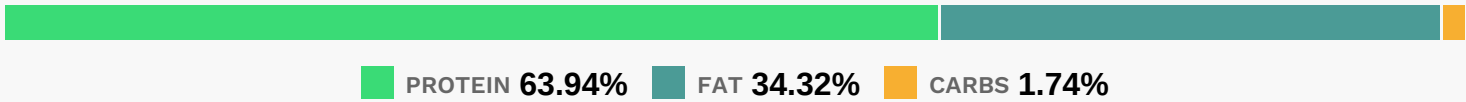
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Preheat the oven to 400 degrees F. Allow the pork to stand at room temperature for 30 minutes.
- ☐ Place the pork, fat side up, in a roasting pan just large enough to hold it comfortably. In the bowl of a food processor fitted with a steel blade process the garlic, rosemary, lemon zest, and fennel seeds until roughly chopped.
- ☐ Add the olive oil, mustard, salt and pepper and process until it forms a smooth paste. Rub the paste on top of the pork and roast for 1 to 1 1/4 hours, or until the internal temperature reaches 140 degrees F.
- ☐ Remove from the oven, transfer to a cutting board, and cover with aluminum foil. Allow to sit for 20 minutes, then remove the strings, slice between the bones and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:11.75, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:28.141739001741%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 414.18kcal (20.71%), Fat: 15.24g (23.44%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.11g (0.13%), Cholesterol: 178.6mg (59.53%), Sodium: 1032.92mg (44.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.86g (127.72%), Selenium: 79.51µg (113.59%), Vitamin B6: 2.18mg (108.95%), Vitamin B1: 1.27mg (84.5%), Vitamin B3: 16.36mg (81.81%), Phosphorus: 647.08mg (64.71%), Zinc: 5.18mg (34.53%), Vitamin B2: 0.54mg (31.7%), Potassium: 1094.03mg (31.26%), Vitamin B12: 1.45µg (24.1%), Vitamin B5: 2.15mg (21.48%), Magnesium: 78.79mg (19.7%), Iron: 1.83mg (10.17%), Copper: 0.19mg (9.33%), Vitamin D: 1.13µg (7.56%), Manganese: 0.14mg (7.14%), Vitamin E: 0.89mg (5.92%), Vitamin C: 2.99mg (3.63%), Calcium: 32.67mg (3.27%), Fiber: 0.71g (2.83%), Vitamin K: 2.58µg (2.46%)