



 **81%**  
HEALTH SCORE

## Overnight Pork Roast With Cabbage

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**10**

CALORIES



**358 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 cup beef broth
- 12 fluid ounce bottle beer canned
- 3 pounds pork loin roast boneless
- 2.5 pounds cabbage fresh shredded
- 4 teaspoons caraway seeds divided crushed
- 4 carrots
- 2 cloves garlic minced

- 1 teaspoon ground pepper black
- 2 tablespoons blackstrap molasses
- 3 tablespoons olive oil divided
- 1 onion thinly sliced
- 4 potatoes cooked mashed
- 2 teaspoons salt
- 10 servings salt and pepper to taste

## Equipment

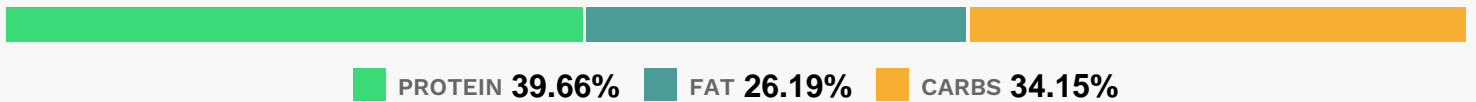
- bowl
- frying pan
- oven
- roasting pan
- cutting board

## Directions

- In a small bowl, combine 2 teaspoons of the crushed caraway seeds, garlic, salt and ground black pepper. Rub the pork with the dry rub mixture, cover and refrigerate for 24 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat 1 tablespoon of the oil in a large skillet over medium high heat.
- Add the onion, carrots, bay leaves, 1 teaspoon of the crushed caraway seeds and salt and pepper to taste.
- Saute for 8 minutes, or until vegetables are tender.
- Transfer this to a 10x15 inch roasting pan.
- In the same skillet over high heat, combine 1/2 tablespoon of the olive oil, half (1 1/4 pounds) of the cabbage, and 1/2 teaspoon crushed caraway seeds.
- Saute, stirring often, until this cooks down, about 5 to 10 minutes.
- Transfer this to the roasting pan and repeat with another 1/2 tablespoon of oil, the remaining half (1 1/4 pounds) of the cabbage, and the remaining crushed caraway seeds. Once cooked down, transfer this to the roasting pan.

- Heat the remaining olive oil in the same skillet over medium high heat.
- Place the pork loin in the heated oil and brown well on all sides. Set the roast on top of all the vegetables in the roasting pan.
- Add the beer and molasses to the skillet and bring to a boil, scraping up all the browned bits on the bottom of the skillet.
- Pour this and the broth over the pork roast and vegetables. Season with salt and pepper to taste.
- Bake at 350 degrees F (175 degrees C) for 45 minutes. Turn pork over and bake until the internal temperature of the pork reaches 145 degrees F (63 degrees C). At this point, remove the pan from the oven and let the pork sit on a cutting board for 5 minutes. Then slice the pork into serving size pieces. Discard the bay leaves. Return the sliced pork to the pan resting over the vegetables. Top off with the mashed potatoes.
- Bake at 350 degrees F (175 degrees C) for 10 to 15 minutes, or until potatoes are lightly browned.

## Nutrition Facts



### Properties

Glycemic Index:34.81, Glycemic Load:15.45, Inflammation Score:-10, Nutrition Score:33.076956686766%

### Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

### Nutrients (% of daily need)

Calories: 357.77kcal (17.89%), Fat: 10.17g (15.64%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 23.87g (8.68%), Sugar: 8.92g (9.91%), Cholesterol: 85.73mg (28.58%), Sodium: 860.91mg (37.43%), Alcohol: 1.38g (100%), Alcohol %: 0.4% (100%), Protein: 34.64g (69.29%), Vitamin K: 93.93µg (89.46%), Vitamin A: 4194.61IU (83.89%), Vitamin B6: 1.52mg (76.15%), Vitamin C: 60.91mg (73.83%), Selenium: 39.66µg (56.65%), Vitamin B1: 0.77mg (51.31%), Vitamin B3: 9.68mg (48.38%), Phosphorus: 411.08mg (41.11%), Potassium:

1251.64mg (35.76%), Manganese: 0.49mg (24.31%), Fiber: 5.95g (23.81%), Magnesium: 87.5mg (21.87%), Vitamin B2: 0.36mg (21.31%), Zinc: 3.05mg (20.33%), Folate: 71.9µg (17.97%), Vitamin B5: 1.64mg (16.44%), Iron: 2.46mg (13.68%), Copper: 0.24mg (12.07%), Vitamin B12: 0.72µg (11.96%), Calcium: 92.13mg (9.21%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.54µg (3.63%)