



Overnight Pork Roast With Cabbage

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

READY IN



60 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup beef broth
- 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

PROTEIN 40.13% **FAT 26.63%** **CARBS 33.24%**

Properties

Glycemic Index:30.76, Glycemic Load:14.94, Inflammation Score:-10, Nutrition Score:32.850869655609%

Flavonoids

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, Isorhamnetin: 0.55mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 342.51kcal (17.13%), Fat: 10.17g (15.64%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 22.61g (8.22%), Sugar: 8.92g (9.91%), Cholesterol: 85.73mg (28.58%), Sodium: 859.49mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.48g (68.96%), Vitamin K: 93.93µg (89.46%), Vitamin A: 4194.61IU (83.89%), Vitamin B6: 1.51mg (75.33%), Vitamin C: 60.91mg (73.83%), Selenium: 39.44µg (56.35%), Vitamin B1: 0.77mg (51.19%), Vitamin B3: 9.49mg (47.47%), Phosphorus: 406.11mg (40.61%), Potassium: 1242.06mg (35.49%), Manganese: 0.48mg (24.16%), Fiber: 5.95g (23.81%), Magnesium: 85.37mg (21.34%), Vitamin B2: 0.35mg (20.79%), Zinc: 3.05mg (20.3%), Folate: 69.77µg (17.44%), Vitamin B5: 1.63mg (16.3%), Iron: 2.46mg (13.64%), Copper: 0.24mg (11.98%), Vitamin B12: 0.71µg (11.85%), Calcium: 90.71mg (9.07%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.54µg (3.63%)