



Pancetta-Wrapped Pork Roast

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups chicken broth
- 1.5 cups cooking wine dry white
- 1 tablespoon rosemary leaves fresh finely chopped
- 1 tablespoon thyme leaves fresh finely chopped
- 8 large garlic cloves
- 1 tablespoon olive oil
- 4 ounces pancetta thinly sliced
- 3.5 pound tied pork loin roast boneless

- 8 servings salt and pepper black freshly ground

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup
- cutting board

Directions

- Watch how to make this recipe.
- Blend the garlic, rosemary, thyme, and oil in a small food processor, scraping down the sides of the bowl occasionally, until the garlic is minced.
- Sprinkle the pork roast generously with salt and pepper. Arrange the pancetta slices on a work surface, overlapping slightly and forming a rectangle.
- Spread half of the garlic mixture over 1 side of the pork and between the 2 loins that meet in the center of the tied pork roast.
- Place the pork, garlic mixture side down, in the center of the pancetta rectangle.
- Spread the remaining garlic mixture over the remaining pork. Wrap the pancetta slices around the pork.
- Place the pork in a roasting pan. Cover and refrigerate at least 1 hour and up to 1 day.
- Preheat the oven to 400 degrees F.
- Pour 1/2 cup of broth and 1/2 cup of wine into the roasting pan.
- Add more broth and wine to the pan juices every 20 minutes. Roast the pork until a meat thermometer inserted into the center registers 145 degrees F for medium-rare, about 1 hour.

- Transfer the pork to a cutting board. Tent with aluminum foil and let stand for 10 minutes.
- Pour the pan drippings into a glass measuring cup and spoon off any fat that rises to the top.
- Using a large sharp carving knife, cut the pork into 1/4-inch-thick slices and serve with the pan juices.

Nutrition Facts

PROTEIN 55.25%

FAT 41.37%

CARBS 3.38%

Properties

Glycemic Index:15.25, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:21.829130061295%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 382kcal (19.1%), Fat: 15.57g (23.96%), Saturated Fat: 4.62g (28.9%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.62g (0.95%), Sugar: 0.65g (0.72%), Cholesterol: 135.26mg (45.09%), Sodium: 357.51mg (15.54%), Alcohol: 4.64g (100%), Alcohol %: 1.91% (100%), Protein: 46.79g (93.59%), Selenium: 58.47µg (83.53%), Vitamin B6: 1.6mg (79.99%), Vitamin B1: 0.94mg (62.42%), Vitamin B3: 12.16mg (60.78%), Phosphorus: 482.62mg (48.26%), Zinc: 3.88mg (25.86%), Vitamin B2: 0.42mg (24.9%), Potassium: 830.51mg (23.73%), Vitamin B12: 1.09µg (18.2%), Vitamin B5: 1.61mg (16.06%), Magnesium: 60.79mg (15.2%), Iron: 1.52mg (8.45%), Manganese: 0.17mg (8.44%), Copper: 0.15mg (7.27%), Vitamin D: 0.85µg (5.67%), Vitamin E: 0.59mg (3.95%), Vitamin C: 2.39mg (2.9%), Calcium: 26.67mg (2.67%), Vitamin K: 1.45µg (1.38%), Vitamin A: 55.82IU (1.12%)