



Pork Loin Roast with Fennel-Garlic Rub

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 1 cup wine dry white
- ☐ 2 teaspoons fennel seeds
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 1 tablespoon kosher salt
- ☐ 6 pound pork loin bone-in
- ☐ 2 tablespoons butter unsalted cold cut into pieces

☐ 1 cup water

Equipment

☐ bowl

☐ oven

☐ knife

☐ whisk

☐ baking pan

☐ roasting pan

☐ kitchen thermometer

☐ aluminum foil

☐ cutting board

Directions

☐ Mince and mash garlic, salt, and thyme to make a paste with a large heavy knife and transfer to a small bowl.

☐ Grind fennel seeds and peppercorns in spice grinder until finely ground and stir into garlic paste.

☐ Rub paste all over meat and fat side of roast, pressing to adhere.

☐ Place, fat side up, in a small roasting pan or a (13- by 9-inch) baking pan and marinate in the fridge, loosely covered, for at least to 2 and up to 6 hours.

☐ Let stand at room temperature 1 hour before roasting.

☐ Preheat oven to 350°F.

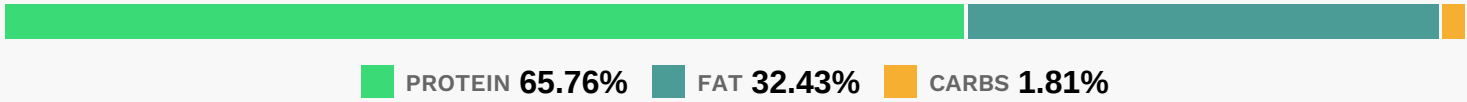
☐ Put roast in a small roasting pan fat side up (if it isn't in roasting pan already) and pour wine and water into bottom of pan.

☐ Roast pork in middle of oven (or lower third if making whole menu) until an instant read thermometer inserted into center of meat (do not touch bone) registers 140°F, about 1 1/2 to 1 3/4 hours.

☐ Remove roast from oven and let rest, loosely covered with foil, in roasting pan 25 to 30 minutes (internal temperature will go up 10 degrees while meat is resting).

- ☐
- Transfer the roast to a cutting board, and using a long knife, cut meat from bone in one piece. Slice into 1/2-inch thick slices, keeping slices together.
- ☐
- Transfer the bones to a large serving platter and arrange meat on the bone.
- ☐
- Heat juices in roasting pan until bubbling, then add butter and whisk into pan until incorporated.
- ☐
- Serve sauce alongside meat.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:31.806956280185%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 504.98kcal (25.25%), Fat: 16.77g (25.79%), Saturated Fat: 6.06g (37.87%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.31g (0.34%), Cholesterol: 221.85mg (73.95%), Sodium: 1043mg (45.35%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 76.5g (153%), Selenium: 94.54µg (135.06%), Vitamin B6: 2.61mg (130.46%), Vitamin B1: 1.51mg (100.99%), Vitamin B3: 19.64mg (98.21%), Phosphorus: 778.2mg (77.82%), Zinc: 6.23mg (41.51%), Vitamin B2: 0.65mg (38.26%), Potassium: 1321.77mg (37.76%), Vitamin B12: 1.74µg (29.02%), Vitamin B5: 2.57mg (25.72%), Magnesium: 96.48mg (24.12%), Iron: 2.25mg (12.5%), Copper: 0.23mg (11.32%), Manganese: 0.2mg (10.21%), Vitamin D: 1.41µg (9.42%), Calcium: 36.65mg (3.67%), Vitamin E: 0.53mg (3.54%), Vitamin A: 132.85IU (2.66%), Vitamin C: 1.97mg (2.39%), Fiber: 0.49g (1.97%), Vitamin K: 1.29µg (1.23%)