



Pork Rib Roast with Fig and Pistachio Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



675 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup coarse kosher salt
- ☐ 6 servings fig and pistachio stuffing
- ☐ 4 garlic cloves peeled smashed
- ☐ 0.3 cup brown sugar packed ()
- ☐ 0.3 cup honey
- ☐ 6 pound center-cut pork rib roasts bone-in (5 bones each)
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 6 sprigs rosemary fresh (5-inch-long)

☐ 6 cups water cold divided

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Stir first 6 ingredients and 4 cups water in large saucepan over medium heat until salt and sugar dissolve.
- ☐ Remove from heat and add remaining 2 cups cold water. Cool brine to room temperature.
- ☐ Place 1 pork rib roast in each of 2 large resealable plastic bags. Divide brine and seasoning equally between bags. Chill 12 to 16 hours.
- ☐ Remove pork from brine. Rinse; pat dry with paper towels.
- ☐ Let stand at room temperature 1 hour.
- ☐ Preheat oven to 325°F.
- ☐ Heat heavy large skillet over medium-high heat.
- ☐ Place 1 pork roast, fat side down, in skillet and cook until brown, about 5 minutes.
- ☐ Transfer roast to rimmed baking sheet, fat side up. Repeat with second pork roast. Arrange roasts with ribs meeting in center of sheet.
- ☐ Roast until thermometer inserted into center of pork registers 145°F, about 1 1/2 hours.
- ☐ Let rest 15 minutes.
- ☐ Carve 6 chops from roast.
- ☐ Serve with Fig and Pistachio Stuffing.

Nutrition Facts



 **PROTEIN 36.68%**  **FAT 44.76%**  **CARBS 18.56%**

Properties

Glycemic Index:23.88, Glycemic Load:11.23, Inflammation Score:-5, Nutrition Score:30.60347813627%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 675.18kcal (33.76%), Fat: 33.24g (51.14%), Saturated Fat: 7.12g (44.49%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 29.4g (10.69%), Sugar: 28.67g (31.86%), Cholesterol: 173.64mg (57.88%), Sodium: 6473.62mg (281.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.29g (122.59%), Selenium: 106.93µg (152.76%), Vitamin B6: 2.13mg (106.7%), Vitamin B3: 19.21mg (96.07%), Vitamin B1: 1.4mg (93.31%), Phosphorus: 619.28mg (61.93%), Zinc: 5.72mg (38.12%), Vitamin B2: 0.56mg (33.19%), Potassium: 1157.65mg (33.08%), Vitamin B12: 1.62µg (26.94%), Vitamin B5: 2.26mg (22.61%), Magnesium: 81.83mg (20.46%), Copper: 0.29mg (14.48%), Vitamin D: 2.1µg (13.97%), Iron: 2.2mg (12.22%), Calcium: 116.28mg (11.63%), Manganese: 0.16mg (7.93%), Fiber: 1.59g (6.37%), Vitamin E: 0.48mg (3.2%), Vitamin A: 147.47IU (2.95%), Vitamin K: 2.56µg (2.44%), Vitamin C: 1.72mg (2.08%)