



Pork Roast Rack with Cilantro-Honey Glaze

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



50

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bunches cilantro leaves
- 0.5 cup honey
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 jalapeño peppers stemmed
- 2 pork roast racks (5 lb. each)

Equipment

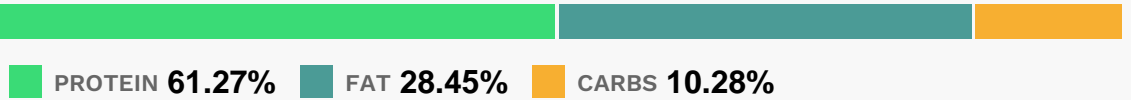
- oven
- blender

- baking pan
- roasting pan

Directions

- Preheat oven to 425F.
- Place all ingredients except meat in blender; cover. Blend until smooth; set aside.
- Place meat in roasting pan or shallow baking pan.
- Remove 1/4 cup of the dressing mixture; brush evenly onto meat. Reserve remaining dressing mixture to serve with the cooked meat.
- Bake meat 15 min. Reduce oven temperature to 350F.
- Bake an additional 1 hour 20 min. or until internal temperature of meat is 155F.
- Remove meat from oven.
- Let stand, covered, 15 to 20 min. or until meat registers 160F. Slice meat.
- Serve topped with the reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:1.89, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:9.1199998855591%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 132.87kcal (6.64%), Fat: 4.07g (6.26%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.21g (1.17%), Sugar: 3.15g (3.5%), Cholesterol: 55.31mg (18.44%), Sodium: 66.78mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.73g (39.45%), Selenium: 24.4µg (34.85%), Vitamin B6: 0.68mg (33.82%), Vitamin B1: 0.39mg (26.16%), Vitamin B3: 5.08mg (25.39%), Phosphorus: 199.14mg (19.91%), Zinc: 1.6mg (10.65%), Vitamin B2: 0.17mg (9.84%), Potassium: 342.11mg (9.77%), Vitamin B12: 0.45µg (7.46%), Vitamin B5: 0.66mg (6.63%), Magnesium: 23.57mg (5.89%), Vitamin C: 3.94mg (4.78%), Iron: 0.52mg (2.87%), Copper: 0.06mg (2.82%), Vitamin K: 2.66µg (2.53%), Vitamin D: 0.35µg (2.34%), Vitamin E: 0.19mg (1.27%)