



Pot-roasted Pork in White Wine with Garlic, Fennel, and Rosemary

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 2 large knobs butter
- ☐ 750 ml chardonnay
- ☐ 1 fennel bulb sliced
- ☐ 1 tablespoon fennel seeds
- ☐ 1 handful rosemary fresh leaves picked
- ☐ 8 cloves garlic

- ☐ 6 servings olive oil
- ☐ 3 pound pork loin skinless
- ☐ 6 servings salt and pepper black freshly ground

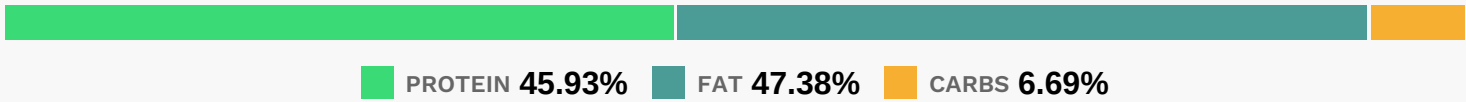
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ With 2 or 3 bits of string, tie up your pork loin, do this any way you like. It doesn't have to be fussy, you just want to keep the meat in a snug shape while it's cooking. Season generously with salt and pepper, then roll the meat in the fennel seeds until covered.
- ☐ In a casserole pan or roasting tray, fry the meat for a couple of minutes in half the butter and a little olive oil, until nice and golden.
- ☐ Throw in the garlic, herbs, fennel, and wine, then cover the tray loosely with some wet greaseproof paper and cook until an inserted meat thermometer reaches 150 degrees F. As the pork loin is off the bone it cooks very quickly.
- ☐ Remove from the oven and allow the meat to rest on a plate. Then, without using any more heat, finish off your sauce in the pan, scraping any goodness off the bottom and adding the rest of the butter.
- ☐ Remove any large bits.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:28.036521787229%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 552.44kcal (27.62%), Fat: 23.74g (36.53%), Saturated Fat: 4.98g (31.16%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.77g (3.08%), Cholesterol: 143.6mg (47.87%), Sodium: 141.71mg (6.16%), Alcohol: 13.34g (100%), Alcohol %: 4.12% (100%), Protein: 51.79g (103.57%), Vitamin B6: 1.85mg (92.47%), Selenium: 63.8µg (91.14%), Vitamin B1: 1.03mg (68.47%), Vitamin B3: 13.51mg (67.53%), Phosphorus: 563.65mg (56.36%), Potassium: 1134.2mg (32.41%), Vitamin K: 33.17µg (31.6%), Zinc: 4.4mg (29.33%), Vitamin B2: 0.46mg (27.3%), Magnesium: 83.33mg (20.83%), Manganese: 0.39mg (19.41%), Vitamin B12: 1.16µg (19.29%), Vitamin B5: 1.86mg (18.63%), Vitamin E: 2.55mg (16.99%), Iron: 2.23mg (12.37%), Copper: 0.19mg (9.35%), Vitamin C: 6.21mg (7.52%), Fiber: 1.76g (7.03%), Calcium: 62.62mg (6.26%), Vitamin D: 0.91µg (6.05%), Folate: 12.23µg (3.06%), Vitamin A: 71.84IU (1.44%)