


 **80%**
HEALTH SCORE

Roast Loin of Pork with Fennel


 **Gluten Free**  **Very Healthy**

READY IN




145 min.

SERVINGS



6

CALORIES



743 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 3 pound pork loin boneless trimmed
- 8 carrots peeled sliced
- 0.3 cup dijon mustard
- 3 small fennel bulbs
- 1 tablespoon thyme leaves fresh
- 2 cloves garlic minced
- 4 tablespoons olive oil good
- 10 small potatoes red cut in quarters (or white-skinned)

- 1 tablespoon salt and pepper black freshly ground
- 4 tablespoons butter unsalted melted
- 2 onions yellow sliced

Equipment

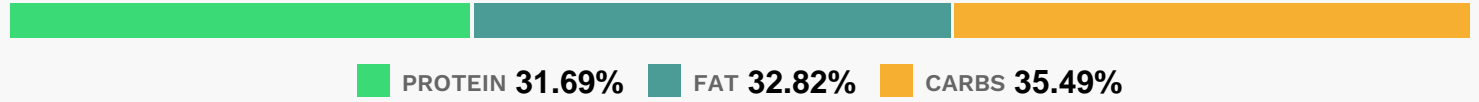
- food processor
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- mortar and pestle

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- With a mortar and pestle, or in a food processor fitted with a steel blade, grind together the garlic, 1 tablespoon salt, and thyme leaves.
- Add the mustard.
- Spread the mixture over the loin of pork and allow it to sit at room temperature for at least 30 minutes.
- Meanwhile, cut the fennel bulbs in thick wedges, cutting through the core. Toss the fennel, carrots, potatoes, and onions in a bowl with the olive oil, melted butter, salt, and pepper to taste.
- Place the vegetables in a large roasting pan and cook for 30 minutes.
- Add the pork loin to the pan and continue to cook for another 30 to 50 minutes, or until a meat thermometer inserted into the middle of the pork reads exactly 138 degrees.
- Remove the meat from the pan and return the vegetables to the oven to keep cooking. Cover the meat with aluminum foil and allow it to rest for 15 minutes.

- Remove the strings from the meat and slice it thickly. Arrange the meat and vegetables on a platter.
- Sprinkle with salt and freshly ground pepper to taste.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:51.88739135991%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 742.92kcal (37.15%), Fat: 27.38g (42.13%), Saturated Fat: 9.21g (57.53%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 54.39g (19.78%), Sugar: 13.83g (15.37%), Cholesterol: 162.95mg (54.32%), Sodium: 396.37mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.5g (119%), Vitamin A: 14066.49IU (281.33%), Vitamin B6: 2.43mg (121.6%), Selenium: 69.13µg (98.76%), Vitamin K: 100.66µg (95.86%), Vitamin B3: 17.98mg (89.89%), Vitamin B1: 1.34mg (89.34%), Potassium: 2977.87mg (85.08%), Phosphorus: 798.52mg (79.85%), Vitamin C: 48.14mg (58.35%), Manganese: 1.01mg (50.52%), Fiber: 12.23g (48.91%), Magnesium: 163.61mg (40.9%), Zinc: 5.63mg (37.52%), Vitamin B2: 0.62mg (36.76%), Copper: 0.67mg (33.56%), Vitamin B5: 3.08mg (30.85%), Iron: 5mg (27.81%), Folate: 106.74µg (26.69%), Vitamin E: 3.15mg (21.03%), Vitamin B12: 1.17µg (19.54%), Calcium: 152.11mg (15.21%), Vitamin D: 1.05µg (6.98%)