



## Roast Pork Porchetta-Style

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3.5 pound pork loin boneless trimmed
- 1 cup wine dry white
- 2 tablespoons fennel seeds crushed
- 5 garlic clove minced
- 1 teaspoon salt

### Equipment

- frying pan

- sauce pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 350
- Combine first 4 ingredients. Make 12 (1 1/2-inch) slits along 1 side of roast, and stuff slits with fennel mixture.
- Place the roast, slit side down, on a shallow roasting pan coated with cooking spray. Rub remaining fennel mixture over the top of the roast.
- Bake at 350 for 1 hour and 10 minutes or until a thermometer registers 155 (slightly pink).
- Transfer roast to a serving platter.
- Add wine to pan, scraping pan to loosen browned bits.
- Pour wine mixture into a saucepan. Bring to a boil over medium-high heat. Reduce heat, and simmer until reduced to 2/3 cup (about 8 minutes).
- Remove from heat.
- Pour accumulated juices from serving platter into wine mixture.
- Serve wine mixture with pork.

## Nutrition Facts

**PROTEIN 68.17%** **FAT 28.38%** **CARBS 3.45%**

## Properties

Glycemic Index:7.7, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:16.565652107577%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## **Nutrients (% of daily need)**

Calories: 235.87kcal (11.79%), Fat: 6.63g (10.21%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.28g (0.46%), Sugar: 0.25g (0.27%), Cholesterol: 100.02mg (33.34%), Sodium: 312.87mg (13.6%), Alcohol: 2.47g (100%), Alcohol %: 1.68% (100%), Protein: 35.86g (71.72%), Selenium: 44.22µg (63.17%), Vitamin B6: 1.24mg (61.76%), Vitamin B1: 0.71mg (47.5%), Vitamin B3: 9.23mg (46.15%), Phosphorus: 369.82mg (36.98%), Zinc: 2.95mg (19.67%), Potassium: 638.51mg (18.24%), Vitamin B2: 0.31mg (18.03%), Vitamin B12: 0.81µg (13.49%), Magnesium: 48.85mg (12.21%), Vitamin B5: 1.2mg (12.04%), Manganese: 0.16mg (7.8%), Iron: 1.18mg (6.57%), Copper: 0.11mg (5.59%), Vitamin D: 0.63µg (4.23%), Calcium: 27.75mg (2.78%), Fiber: 0.53g (2.14%), Vitamin E: 0.21mg (1.39%)