



Roast Pork With Garlic-Onion Gravy

 Dairy Free

READY IN



288 min.

SERVINGS



8

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 teaspoons cajun spice
- ☐ 3 rib celery chopped
- ☐ 14.5 oz chicken broth low-sodium canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 10 garlic cloves halved
- ☐ 1 leaves garnishes: grapes green red sliced
- ☐ 3 medium onions halved sliced
- ☐ 5 lb pork shoulder roast bone-in

- ☐ 8 servings kitchen string
- ☐ 2 tablespoons vegetable oil
- ☐ 5 tablespoons water cold

Equipment

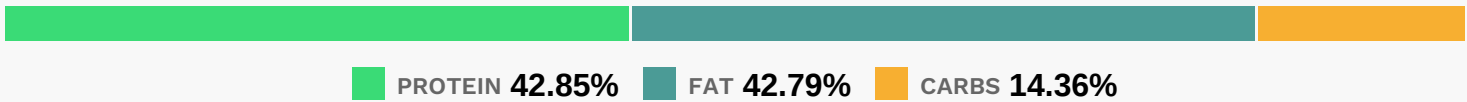
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 32
- ☐ Make 20 small, deep cuts in roast, and insert garlic pieces. Tie roast with kitchen string, securing at 2-inch intervals. Rub Cajun seasoning onto roast.
- ☐ Cook roast in hot oil in a large heavy skillet over high heat 2 minutes on all sides or until browned.
- ☐ Remove from skillet. Reduce heat to medium.
- ☐ Add onions and celery to skillet; cook, stirring frequently, 5 to 8 minutes or until tender.
- ☐ Place onion mixture in a roasting pan; top with roast.
- ☐ Add broth to pan. Cover loosely with heavy-duty aluminum foil.
- ☐ Bake at 325 for 3 1/2 to 4 hours or until a meat thermometer inserted into thickest portion registers 180 to 18
- ☐ Remove roast from pan; cover with foil, and let stand 20 minutes before slicing.

- ☐ Pour pan drippings through a wire-mesh strainer into a measuring cup to equal 2 cups,adding additional broth or water, if necessary. Discard solids.
- ☐ Whisk together 3 Tbsp. flour and 5 Tbsp. cold water in a medium saucepan.
- ☐ Whisk in pan drippings. Cook, whisking often, over medium-high heat 6 to 7 minutes or until thickened.
- ☐ Serve with pork.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:3.88, Inflammation Score:-8, Nutrition Score:26.591739074044%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

Nutrients (% of daily need)

Calories: 347.26kcal (17.36%), Fat: 16.43g (25.27%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 9.61g (3.5%), Sugar: 3.81g (4.23%), Cholesterol: 115.86mg (38.62%), Sodium: 154.11mg (6.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.01g (74.01%), Vitamin B1: 1.63mg (108.44%), Selenium: 53.12µg (75.88%), Vitamin B6: 0.92mg (46.24%), Vitamin B3: 8.87mg (44.34%), Phosphorus: 410.42mg (41.04%), Vitamin B2: 0.66mg (38.85%), Zinc: 5.8mg (38.68%), Vitamin K: 31.27µg (29.78%), Vitamin B12: 1.5µg (25.07%), Potassium: 857.92mg (24.51%), Vitamin A: 1008.48IU (20.17%), Iron: 3.33mg (18.51%), Vitamin B5: 1.66mg (16.63%), Vitamin C: 12.34mg (14.96%), Manganese: 0.29mg (14.75%), Magnesium: 58.63mg (14.66%), Copper: 0.27mg (13.7%), Fiber: 2.78g (11.14%), Folate: 40.64µg (10.16%), Calcium: 66.62mg (6.66%), Vitamin E: 0.88mg (5.88%)