



Roast Pork with Gingerbread Sauce and Celery Root with Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds celery root
- ☐ 8 servings gingerbread sauce
- ☐ 8 servings kosher salt and fresh-ground pepper
- ☐ 8 servings gingerbread wedges
- ☐ 1 slices cranberry-orange relish thin
- ☐ 4.5 lb center-cut pork loin rib roast fat trimmed
- ☐ 8 ounces thick- bacon

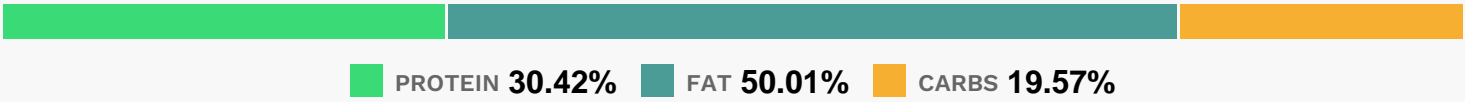
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350.
- ☐ Cut the bacon crosswise into 1/4-inch-wide strips. In a 10- to 12-inch frying pan over medium-high heat, stir bacon until lightly browned and slightly crisp, 6 to 8 minutes. With a slotted spoon, transfer to paper towels to drain. Discard all but 2 tablespoons fat in pan.
- ☐ Peel celery root and cut into about 1/2-inch cubes (see notes). In a 12- by 17-inch roasting pan, mix celery root and the 2 tablespoons reserved bacon fat.
- ☐ Bake for 30 minutes.
- ☐ Meanwhile, rinse pork and pat dry.
- ☐ Sprinkle lightly all over with salt and pepper. Stir celery root, then set a rack above mixture (it can rest on pan rim). Set roast, fat side up, on rack.
- ☐ Bake in the 350 oven until a thermometer inserted in center of thickest part of roast reaches 155, 1 3/4 to 2 hours.
- ☐ Transfer roast to a platter or board and let rest in a warm place, 10 to 15 minutes. Meanwhile, stir bacon into celery root and return to oven; bake until celery root is lightly browned and tender when pierced, 8 to 15 minutes longer.
- ☐ Add salt and pepper to the mixture to taste. Wrap gingerbread rounds in foil and warm in oven, 8 to 10 minutes, then break into wedges.
- ☐ Spoon celery root alongside pork roast.
- ☐ Garnish with orange slices and serve with Gingerbread Sauce and wedges.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:7.44, Inflammation Score:-5, Nutrition Score:34.775218043638%

Flavonoids

Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 6.83mg, Apigenin: 6.83mg, Apigenin: 6.83mg, Apigenin: 6.83mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 552.84kcal (27.64%), Fat: 30.7g (47.23%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 21.87g (7.95%), Sugar: 4.95g (5.5%), Cholesterol: 116.38mg (38.79%), Sodium: 771.28mg (33.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.01g (84.03%), Vitamin K: 116.24µg (110.7%), Selenium: 67.48µg (96.4%), Vitamin B6: 1.69mg (84.66%), Phosphorus: 709.11mg (70.91%), Vitamin B3: 13.79mg (68.96%), Vitamin B1: 0.99mg (65.98%), Potassium: 1478.34mg (42.24%), Zinc: 4.39mg (29.25%), Vitamin C: 23.9mg (28.97%), Vitamin B2: 0.49mg (28.94%), Magnesium: 99.07mg (24.77%), Vitamin B5: 2.33mg (23.29%), Manganese: 0.47mg (23.28%), Fiber: 5.17g (20.69%), Vitamin B12: 1.05µg (17.52%), Iron: 3.1mg (17.24%), Calcium: 166.57mg (16.66%), Copper: 0.32mg (16.07%), Vitamin E: 1.35mg (9%), Vitamin D: 1.29µg (8.61%), Folate: 23.28µg (5.82%)