



Roasted Pork Rack with Zucchini Fritters

READY IN



600 min.

SERVINGS



6

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 0.3 teaspoon pepper black
- ☐ 6 servings canola oil for frying
- ☐ 1 tablespoon cracked coriander seed
- ☐ 1 tablespoon cumin seed
- ☐ 1.5 tablespoons freshly dill plus more for garnish chopped
- ☐ 1 eggs
- ☐ 4 ounces feta cheese roughly chopped
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon honey
- ☐ 2 teaspoon kosher salt
- ☐ 1 lemon zest plus more for garnish
- ☐ 6 servings lemon zest for garnish
- ☐ 1 lime zest juiced
- ☐ 1 tablespoon freshly mint leaves chopped
- ☐ 2 tablespoon olive oil
- ☐ 1 orange zest juiced
- ☐ 1 center pork rack of cut berkshire
- ☐ 1 teaspoon salt
- ☐ 1 large scallion white green sliced
- ☐ 2 medium zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ grater

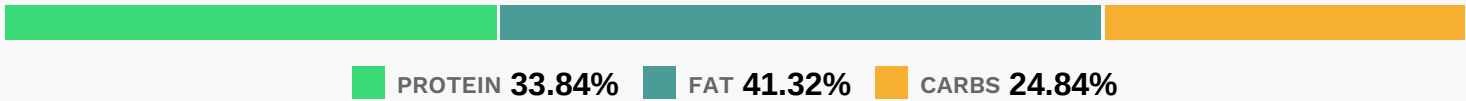
Directions

- ☐ Whisk together honey, juice and olive oil and pour over pork in a re-sealable plastic bag .
- ☐ Add seasoning and zest and refrigerate overnight. Preheat oven to 450 degrees F.
- ☐ Place pork on roasting rack and roast for 10 to 15 minutes or until rack turns a deep golden brown. Reduce heat to 275 and roast for an additional 35 to 50 minutes or until pork reaches

a internal temperature of 140 degrees F.

- ☐ Remove pork from oven and let rest for 15 minutes. Slice chops and serve with Zucchini Fritters.
- ☐ For the Zucchini Fritters: Grate the zucchini on the large holes of a grater onto a clean kitchen towel.
- ☐ Sprinkle with the salt.
- ☐ Let stand while you prepare the other ingredients. Wring as much liquid out of the zucchini as possible, discarding liquid. In a medium bowl, combine the zucchini, mint, dill, scallion, garlic, lemon zest, pepper and feta. Stir in the egg and flour and mix until well combined.
- ☐ Heat enough canola oil to 350 degrees F in a pan over medium-high heat to come halfway up the sides of the fritters. Form fritters, using 1/4 cup measure, and place gently into the hot oil. Fry, turning once, until the fritters are golden brown on each side, 4 to 6 minutes.
- ☐ Remove from the pan and drain on paper towels for a minute. Plate and garnish with a dollop of Greek yogurt, dill and lemon zest.

Nutrition Facts



Properties

Glycemic Index:52.55, Glycemic Load:4.44, Inflammation Score:-6, Nutrition Score:17.691739123801%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 4.89mg, Hesperetin: 4.89mg, Hesperetin: 4.89mg, Hesperetin: 4.89mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 310.21kcal (15.51%), Fat: 14.46g (22.25%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 17.38g (6.32%), Sugar: 11.47g (12.74%), Cholesterol: 56.74mg (18.91%), Sodium: 1477.15mg (64.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.3%), Vitamin B2: 0.87mg (50.92%), Phosphorus: 401.47mg (40.15%), Selenium: 27.8µg (39.72%), Calcium: 363.76mg (36.38%), Vitamin B12: 1.81µg (30.17%), Vitamin C: 20.7mg (25.09%), Vitamin B6: 0.38mg (19.07%), Vitamin K: 17.24µg (16.42%), Potassium:

565.27mg (16.15%), Zinc: 2.19mg (14.57%), Manganese: 0.27mg (13.68%), Folate: 51.92µg (12.98%), Magnesium: 49.97mg (12.49%), Vitamin B1: 0.18mg (12.15%), Vitamin B5: 1.19mg (11.87%), Iron: 1.97mg (10.97%), Vitamin E: 1.59mg (10.61%), Vitamin A: 469.5IU (9.39%), Fiber: 2.18g (8.73%), Vitamin B3: 1.49mg (7.43%), Copper: 0.13mg (6.49%), Vitamin D: 0.22µg (1.48%)