



Rosemary Pork Roast with Fennel and Green Olives

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cooking wine dry white
- ☐ 3 pounds fennel bulb fresh cored stemmed chopped cut into wedges, plus 1/2 cup fronds
- ☐ 3 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup olives green pitted halved
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 8 servings bell pepper
- ☐ 3 lbs boned pork loin roast dried rinsed
- ☐ 0.3 pound pancetta thinly sliced

Equipment

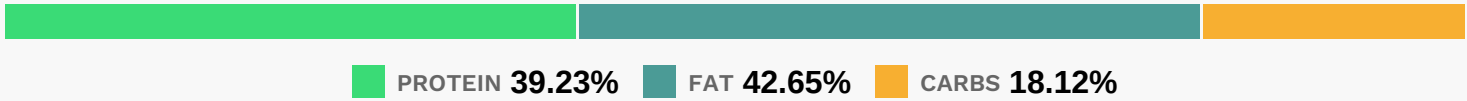
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 35
- ☐ Mix rosemary and garlic in a small bowl.
- ☐ Sprinkle one side of roast lightly with salt and pepper.
- ☐ Spread with half the rosemary-garlic mixture, pressing it on. Drape half the prosciutto lengthwise over loin. Holding the prosciutto on the roast, turn it over.
- ☐ Sprinkle with more salt and pepper, spread remaining rosemary mixture over the top, and drape with remaining prosciutto. Tie roast at 1 1/2-in. intervals with heavy cotton string, tucking prosciutto into place.
- ☐ Pour oil into a large frying pan over medium-high heat.
- ☐ Add roast and cook until prosciutto is crisp and beginning to brown on the bottom. Turn roast and cook until other side is crisp and browned, about 5 minutes total.
- ☐ Transfer to a plate.
- ☐ Add fennel bulbs to frying pan and cook, stirring often, until beginning to brown, about 5 minutes.
- ☐ Spread in a large roasting pan.
- ☐ Add wine to frying pan and bring to a boil, stirring to scrape up browned bits.
- ☐ Pour over fennel. Set pork loin on top.

- ☐ Bake until a thermometer inserted in the center of roast reaches 135 for medium, about 45 minutes.
- ☐ Transfer roast to a board and let rest in a warm place 15 minutes (temperature will rise to 140).
- ☐ Meanwhile, set roasting pan over 2 burners on high heat, and cook, stirring often, until liquid is almost evaporated, 5 to 10 minutes.
- ☐ Remove from heat and stir in olives and fennel fronds.
- ☐ Cut string from roast, slice, and serve with fennel mixture.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:38.838695857836%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg, Eriodictyol: 1.84mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 484.01kcal (24.2%), Fat: 21.11g (32.47%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 12.63g (4.59%), Sugar: 10.5g (11.67%), Cholesterol: 119.64mg (39.88%), Sodium: 760.54mg (33.07%), Alcohol: 6.18g (100%), Alcohol %: 1.51% (100%), Protein: 43.68g (87.37%), Vitamin C: 116.56mg (141.28%), Vitamin K: 113.09µg (107.7%), Vitamin B6: 1.69mg (84.69%), Selenium: 52.68µg (75.25%), Vitamin B3: 12.48mg (62.38%), Vitamin B1: 0.87mg (58.25%), Vitamin A: 2655.95IU (53.12%), Phosphorus: 529.38mg (52.94%), Potassium: 1597.77mg (45.65%), Fiber: 7.54g (30.17%), Vitamin B2: 0.46mg (27.33%), Manganese: 0.53mg (26.68%), Zinc: 3.92mg (26.14%), Vitamin E: 3.61mg (24.1%), Magnesium: 93.39mg (23.35%), Folate: 82.18µg (20.54%), Vitamin B5: 2.05mg (20.52%), Iron: 2.91mg (16.15%), Vitamin B12: 0.96µg (16.03%), Copper: 0.26mg (13.13%), Calcium: 118.34mg (11.83%), Vitamin D: 0.76µg (5.04%)