



Sauerbraten

 Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons spice rub
- ☐ 2 bay leaves
- ☐ 1 carrots sliced
- ☐ 1 cup wine dry red
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup gingersnaps crushed (12)
- ☐ 2 onions sliced
- ☐ 0.5 teaspoon pepper

- ☐ 4 pound pork sirloin roast
- ☐ 1 tablespoon salt
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 cup water
- ☐ 1 cup burgundy

Equipment

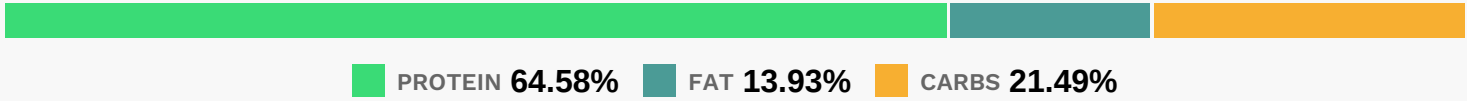
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Tie pickling spice in a cheesecloth bag.
- ☐ Combine spice bag, onion, and next 7 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add roast. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove roast from marinade, reserving marinade.
- ☐ Brown roast in hot oil in a Dutch oven.
- ☐ Remove roast, reserving drippings in pan.
- ☐ Whisk flour and sugar into reserved drippings, and cook over medium-high heat, whisking constantly, 2 minutes or until browned. Gradually stir in reserved marinade. Return roast to pan; bring mixture to a boil. Cover, reduce heat, and simmer 2 1/2 hours.
- ☐ Discard spice bag and bay leaves.
- ☐ Remove roast, reserving drippings in pan; slice and keep warm.
- ☐ Stir gingersnaps into reserved drippings in Dutch oven; simmer, stirring constantly, 2 minutes.

- ☐
- Pour mixture through a colander into a bowl. Press vegetables through colander with back of a spoon.
- ☐
- Serve gravy with roast.

Nutrition Facts



Properties

Glycemic Index:31.37, Glycemic Load:4.03, Inflammation Score:0, Nutrition Score:30.114782281544%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 364.37kcal (18.22%), Fat: 5.12g (7.88%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.56g (6.02%), Sugar: 5.19g (5.77%), Cholesterol: 140.61mg (46.87%), Sodium: 1052.62mg (45.77%), Alcohol: 3.15g (100%), Alcohol %: 1.15% (100%), Protein: 53.44g (106.88%), Vitamin B1: 1.56mg (103.79%), Selenium: 62.01µg (88.59%), Vitamin B3: 17.02mg (85.09%), Vitamin B6: 1.64mg (81.94%), Phosphorus: 552.61mg (55.26%), Vitamin B2: 0.88mg (51.49%), Zinc: 4.85mg (32.37%), Potassium: 1022.56mg (29.22%), Vitamin A: 1316.3IU (26.33%), Vitamin B5: 2.15mg (21.55%), Vitamin B12: 1.2µg (20.03%), Manganese: 0.38mg (19.07%), Iron: 3.31mg (18.42%), Magnesium: 70.34mg (17.58%), Vitamin K: 13.68µg (13.03%), Copper: 0.22mg (11.2%), Folate: 25.17µg (6.29%), Fiber: 1.23g (4.91%), Calcium: 46.07mg (4.61%), Vitamin C: 2.68mg (3.24%), Vitamin E: 0.36mg (2.42%)