



 **56%**
HEALTH SCORE

Sausage-Stuffed Rack of Pork with Sage

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



10

CALORIES



571 kcal

SIDE DISH

Ingredients

- 1 cup celery stalks chopped
- 1 pound ground sausage italian (6)
- 20 oil-cured olives black
- 1 cup olive oil extra virgin extra-virgin divided
- 6 pound pork loin bone-in
- 4 large sage
- 1 cup spring onion chopped
- 750 ml frangelico white

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Equipment

frying pan

oven

roasting pan

kitchen thermometer

Directions

Preheat oven to 500°F with rack in middle.

Partially cut roast away from bones to create a "flap" (for stuffing, allowing meat to be returned to bone). Rub pork inside and out with 1 1/2 teaspoons salt and 1/2 teaspoon pepper, then rub outside with 1 teaspoon oil. Put sage, then sausages and scallions, inside flap and tie roast with string.

Put roast, bone side down, in a large roasting pan with celery and olives, then pour in wine and remaining cup oil. Roast 20 minutes, then reduce heat to 325°F and roast, basting meat every 30 minutes, until an instant-read thermometer inserted into center of meat (do not touch bone) registers 155°F, about 2 hours more.

Let stand 15 minutes.

Serve with pan juices.

Nutrition Facts

PROTEIN 48.81% **FAT 50.01%** **CARBS 1.18%**

Properties

Glycemic Index:9.2, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:31.371739097264%

Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 570.61kcal (28.53%), Fat: 30.84g (47.45%), Saturated Fat: 9.27g (57.97%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.41g (0.46%), Cholesterol: 205.93mg (68.64%), Sodium: 599.5mg (26.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.74g (135.47%), Selenium: 86.81µg (124.01%), Vitamin B6: 2.21mg (110.35%), Vitamin B1: 1.47mg (98.18%), Vitamin B3: 17.21mg (86.07%), Phosphorus: 683.21mg (68.32%), Zinc: 5.77mg (38.44%), Vitamin B2: 0.6mg (35.26%), Potassium: 1189.95mg (34%), Vitamin B12: 1.8µg (30.01%), Vitamin K: 26.37µg (25.12%), Vitamin B5: 2.29mg (22.93%), Magnesium: 81.13mg (20.28%), Copper: 0.26mg (13.24%), Iron: 2.24mg (12.43%), Vitamin E: 1.36mg (9.09%), Vitamin D: 1.09µg (7.26%), Vitamin C: 3.1mg (3.76%), Calcium: 37.32mg (3.73%), Manganese: 0.07mg (3.67%), Vitamin A: 176.49IU (3.53%), Folate: 13.9µg (3.48%), Fiber: 0.69g (2.75%)