



Tuscan Roast Pork With Fennel

 Gluten Free  Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium bunches fennel bulb
- 0.3 cup rosemary fresh chopped
- 6 cloves garlic minced
- 1 optional: lemon halved
- 6 pounds center-cut pork loin rib roast bone-in
- 0.3 teaspoon pepper flakes red
- 8 servings sea salt fine

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Toss the garlic, chopped rosemary, 1 tablespoon salt and the red pepper flakes in a small bowl. Make 3/4-inch-deep cuts between the rib bones of the pork. Stuff some of the garlic mixture into each cut. Rub the lemon halves over the pork, then rub with the remaining garlic mixture. Cover with plastic wrap and refrigerate overnight.
- Bring the pork to room temperature, about 30 minutes. Position a rack in the upper third of the oven and preheat to 375 degrees F.
- Cut each fennel bulb in half, then cut each half into wedges. Scatter the fennel and rosemary sprigs in a medium roasting pan (it's best if the roast fits snugly in the pan).
- Place the pork in the roasting pan on top of the fennel, fat side up, and roast until a thermometer inserted into the center of the pork registers 145 degrees F, about 1 hour, 45 minutes.
- Transfer the pork to a platter or cutting board and cover loosely with foil; let rest 15 minutes.
- Meanwhile, turn the fennel wedges and return the pan to the oven. Continue roasting until the fennel is caramelized, about 15 minutes.
- Cut the pork into chops and serve with the fennel.
- Photograph by Anna Williams

Nutrition Facts

 PROTEIN **44.05%**  FAT **53.81%**  CARBS **2.14%**

Properties

Glycemic Index:12.56, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:23.60434766956%

Flavonoids

Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 426.25kcal (21.31%), Fat: 24.9g (38.31%), Saturated Fat: 5.34g (33.39%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.37g (0.42%), Cholesterol: 130.23mg (43.41%), Sodium: 321.55mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.73%), Selenium: 80.1µg (114.42%), Vitamin B6: 1.57mg (78.71%), Vitamin B3: 14.26mg (71.3%), Vitamin B1: 1.03mg (68.95%), Phosphorus: 462.26mg (46.23%), Zinc: 4.2mg (28%), Vitamin B2: 0.4mg (23.8%), Potassium: 792.24mg (22.64%), Vitamin B12: 1.21µg (20.21%), Vitamin B5: 1.6mg (16.03%), Magnesium: 54.19mg (13.55%), Vitamin D: 1.57µg (10.48%), Vitamin C: 8.07mg (9.78%), Iron: 1.51mg (8.41%), Copper: 0.16mg (8.06%), Calcium: 66.84mg (6.68%), Manganese: 0.07mg (3.49%), Fiber: 0.57g (2.29%), Vitamin E: 0.32mg (2.11%), Vitamin A: 64.67IU (1.29%)