

Roasted Rack of Pork

Yield: 7 min

Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-rack-of-pork-recipe>

Ingredients:

- 1 rack of pork x 8 bones
- 2 tablespoons butter at room temperature
- 2 tablespoons Dijon mustard
- 5 cloves garlic minced
- 1 teaspoon Herbes de Provence you can use a mix of rosemary, thyme, savory, basil and sage
- salt
- freshly ground pepper
- 1 cup bread crumbs
- 1 1/2 cups chicken stock

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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