



Apple and Rosemary Pork Roulade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup chicken stock see (such as Swanson)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 0.8 cup fuji apple chopped
- ☐ 2 teaspoons garlic fresh minced

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 pound pork tenderloins trimmed
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion

Equipment

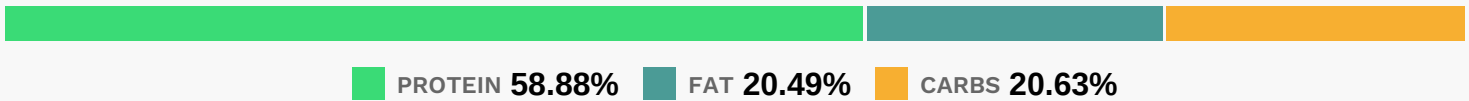
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 42
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, apple, and garlic; saut 5 minutes or until tender.
- ☐ Add vinegar and rosemary; cook 1 minute.
- ☐ Place apple mixture in a small bowl. Wipe pan clean.
- ☐ Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat. Starting from the center, slice each half lengthwise, cutting to, but not through, other side; open so pork is flat.
- ☐ Place plastic wrap over pork; pound to an even thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle evenly with 3/8 teaspoon salt and pepper.
- ☐ Spread apple mixture on pork.
- ☐ Roll up, jelly-roll fashion.

- ☐ Return pan to medium–high heat. Coat pan with cooking spray.
- ☐ Add pork, seam side down; cook 4 minutes or until browned, carefully turning occasionally.
- ☐ Place pan in oven.
- ☐ Bake at 425 for 15 minutes or until a thermometer inserted in the center registers 14
- ☐ Remove pork from pan; let stand 5 minutes before slicing.
- ☐ Return pan to medium–high heat; add stock, cider, mustard, and remaining 1/8 teaspoon salt, stirring with a whisk. Bring to a boil; cook 2 minutes.
- ☐ Serve over pork.

Nutrition Facts



Properties

Glycemic Index:58.44, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:16.2447829337222%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg, Epicatechin: 2.29mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 173.14kcal (8.66%), Fat: 3.84g (5.91%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.48g (2.72%), Sugar: 5.16g (5.73%), Cholesterol: 74.31mg (24.77%), Sodium: 395.51mg (17.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.65%), Vitamin B1: 1.16mg (77.62%), Selenium: 36.18µg (51.68%), Vitamin B6: 0.96mg (48.04%), Vitamin B3: 7.98mg (39.9%), Phosphorus: 301.72mg (30.17%), Vitamin B2: 0.42mg (24.92%), Potassium: 566.22mg (16.18%), Zinc: 2.26mg (15.09%), Vitamin B5: 1.03mg (10.31%), Vitamin B12: 0.58µg (9.64%), Magnesium: 37.56mg (9.39%), Iron: 1.33mg (7.4%), Copper: 0.14mg (7%), Manganese: 0.13mg (6.44%), Fiber: 1.22g (4.86%), Vitamin C: 3.92mg (4.75%), Vitamin E: 0.46mg (3.04%), Calcium: 20.06mg (2.01%), Folate: 7.58µg (1.9%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.53µg (1.45%)