



Apple Cranberry Stuffed Pork Roast



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.5 cup cider vinegar
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 large shallots peeled thinly sliced
- ☐ 1.5 cups apples dried packed ()
- ☐ 0.5 cup cranberries dried
- ☐ 1 Tbsp ginger fresh grated
- ☐ 1 Tbsp mustard seeds yellow

- ☐ 0.5 teaspoon ground allspice
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 2.5 pound center-cut pork loin roast boneless (short and wide – 7–8 inches long and 4–5 inches wide)
- ☐ 6 servings kosher salt and pepper black freshly ground

Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ roasting pan
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Chill the roast to make it easier to cut: Before starting on the pork, put the pork roast in the freezer for 30 minutes to make it easier to cut. While the pork is chilling, you can make the filling.
- ☐ Make the filling and glaze: Bring all the filling ingredients to simmer in medium saucepan over medium-high heat. Cover, reduce heat to low, and cook until apples are very soft, about 20 minutes.
- ☐ Strain through a fine-mesh sieve, reserving the liquid. Use a rubber spatula to press against the apple mixture in the sieve to extract as much liquid out as possible.

- ☐ Return liquid to saucepan and simmer over medium-high heat until reduced to 1/2 cup, about 5 minutes.
- ☐ Remove from heat, set aside and reserve this liquid for use as a glaze.
- ☐ Pulse apple mixture in food processor, about fifteen 1-second pulses. Set aside.
- ☐ oven to 350°F or prepare your grill for indirect heat.
- ☐ Butterfly the roast: You will be "double-butterflying" the pork roast.
- ☐ Lay the roast down, fat side up. Insert the knife into the roast 1/2-inch horizontally from the bottom of the roast, along the long side of the roast.
- ☐ Make a long cut along the bottom of the roast, stopping 1/2 inch before the edge of the roast. You might find it easier to handle by starting at a corner of the roast.
- ☐ Open up the roast and continue to cut through the thicker half of the roast, again keeping 1/2 inch from the bottom. Repeat until the roast is an even 1/2-inch thickness all over when laid out.
- ☐ If necessary, pound the roast to an even thickness with a meat pounder.
- ☐ Spread filling on roast and roll up tightly: Season the inside of the roast well with salt and pepper.
- ☐ Spread out the filling on the roast, leaving a 1/2-inch border from the edges.
- ☐ Starting with the short side of the roast, roll it up very tightly. Secure with kitchen twine at 1-inch intervals. Season the outside of the roast generously with salt and pepper.
- ☐ Roast in oven:
- ☐ Place roast on a rack in a roasting pan, place in oven, on the middle rack.
- ☐ Cook for 45 to 60 minutes, until the internal temperature of the roast is 130 to 135 degrees F.
- ☐ Brush with half of the glaze and cook for 5 minutes longer.
- ☐ Remove the roast from the oven or grill.
- ☐ Place it on a cutting board. Tent it with foil to rest and keep warm for 15 minutes before slicing.
- ☐ Slice: Slice into 1/2-inch wide pieces, removing the cooking twine as you cut the roast.
- ☐ Serve with remaining glaze.

Nutrition Facts



 PROTEIN **36.68%**  FAT **15.96%**  CARBS **47.36%**

Properties

Glycemic Index:38.96, Glycemic Load:5.65, Inflammation Score:-3, Nutrition Score:21.531304501969%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 469.7kcal (23.48%), Fat: 8.32g (12.8%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 52.71g (19.17%), Sugar: 50.59g (56.22%), Cholesterol: 119.07mg (39.69%), Sodium: 123.04mg (5.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.03g (86.06%), Selenium: 55.34µg (79.05%), Vitamin B6: 1.5mg (74.9%), Vitamin B1: 0.86mg (57.23%), Vitamin B3: 11.25mg (56.24%), Phosphorus: 451.73mg (45.17%), Potassium: 929.8mg (26.57%), Zinc: 3.57mg (23.78%), Vitamin B2: 0.4mg (23.63%), Vitamin B12: 0.96µg (16.06%), Magnesium: 64.14mg (16.04%), Vitamin B5: 1.56mg (15.63%), Fiber: 2.84g (11.37%), Manganese: 0.21mg (10.73%), Iron: 1.82mg (10.12%), Copper: 0.19mg (9.59%), Vitamin D: 0.76µg (5.04%), Calcium: 46.86mg (4.69%), Vitamin E: 0.65mg (4.31%), Vitamin C: 1.78mg (2.15%), Vitamin K: 1.7µg (1.62%)