



Apple Roasted Pork Loin

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

READY IN



45 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds pork loin
- 3 large apples i use 2 granny smith apples cored peeled
- 3 tablespoons olive oil
- 2 cloves garlic minced
- 0.5 cup honey
- 0.3 cup apple cider vinegar
- 0.5 teaspoon pepper
- 0.3 teaspoon sea salt

1 teaspoon five spice powder chinese

0.5 teaspoon nutmeg freshly grated

Equipment

frying pan

oven

roasting pan

Directions

Apple Roasted Pork Loin

Apples and pork is a pretty traditional combination and I couldn't count the number of ways I've put the two together in the past but this one is a little different. The Granny Smith apples are diced quite small and then cooked in a reduction of honey, apple cider vinegar and spices. Granny Smiths are good to use because they won't break down into apple sauce during the cooking. The cooked apples are then used as a top crust and glaze for the roast pork. Some garlic roast potatoes and steamed veggies completed a wonderful family meal. Here's your Sunday supper! Lb pork loin or rib roast

Season the pork with salt and pepper and open roast on a rack in a roasting pan at 375 degrees F for about a half hour. Meanwhile dice very small, (about a 1/4 inch dice) Large Granny Smith apples, peeled and cored

In a large saute pan over medium heat add: Tbsp olive oil

Cloves minced garlic

Cook for a minute or two to soften but not brown the garlic.

Add: Cup honey

Cup apple cider vinegar

Tsp pepper

Tsp sea salt

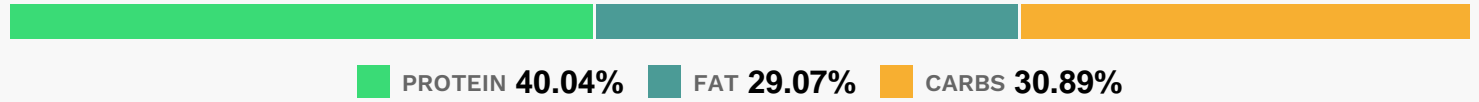
Teaspoon Chinese five spice powder

Tsp freshly grated nutmeg

Bring the mixture to a boil and simmer until the volume is reduced by about half. Increase the heat to medium-high.

Add the diced apple and cook, stirring occasionally until most of the liquid has reduced off. After half an hour in the oven, take the roast out and spoon the apples all over the top. Return the roast to the oven, reduce the heat to 350 degrees F and cook uncovered until the internal temperature reaches 170 degrees F on a meat thermometer inserted into the center of the roast. Allow the pork to rest for about 15 minutes before carving and serving.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:16.4, Inflammation Score:-4, Nutrition Score:25.194782608696%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 512.23kcal (25.61%), Fat: 16.57g (25.5%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 36.68g (13.34%), Sugar: 34.89g (38.76%), Cholesterol: 142.88mg (47.63%), Sodium: 211.24mg (9.18%), Protein: 51.36g (102.72%), Selenium: 63.24µg (90.35%), Vitamin B6: 1.78mg (89.11%), Vitamin B1: 1.03mg (68.58%), Vitamin B3: 13.2mg (65.98%), Phosphorus: 529.56mg (52.96%), Potassium: 1005.99mg (28.74%), Zinc: 4.25mg (28.31%), Vitamin B2: 0.47mg (27.49%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.79mg (17.9%), Magnesium: 67.58mg (16.9%), Fiber: 2.93g (11.71%), Iron: 1.82mg (10.12%), Vitamin E: 1.51mg (10.04%), Copper: 0.19mg (9.28%), Manganese: 0.16mg (8.03%), Vitamin C: 5.73mg (6.94%), Vitamin K: 6.96µg (6.63%), Vitamin D: 0.91µg (6.05%), Calcium: 27.71mg (2.77%), Vitamin A: 63.46IU (1.27%), Folate: 4.16µg (1.04%)