



Braised Pork Roast With Apple-Brandy Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple juice undiluted thawed
- ☐ 0.5 cup celery chopped
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon rubbed sage dried
- ☐ 1.5 teaspoons thyme dried
- ☐ 1 pound apples i use 2 granny smith apples peeled chopped
- ☐ 10.5 ounce chicken broth canned
- ☐ 1 teaspoon butter

- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon pepper divided
- ☐ 2.5 pound pork loin
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon water
- ☐ 0.5 cup frangelico (apple brandy)
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Equipment

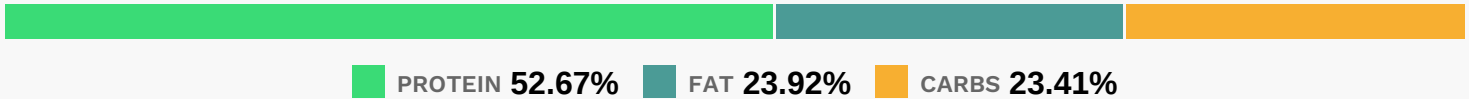
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Unroll roast; trim fat.
- ☐ Combine sage, thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper; rub inside surface of roast with one-third of sage mixture. Reroll roast, securing at 1-inch intervals with heavy string. Rub outside surface of roast with remaining sage mixture.
- ☐ Preheat oven to 42
- ☐ Place a large Dutch oven coated with cooking spray over medium-high heat until hot.
- ☐ Add roast; brown on all sides.
- ☐ Remove roast from pan; set aside. Melt margarine in pan.
- ☐ Add onion and celery, and saut 5 minutes. Return roast to pan.
- ☐ Combine 1/2 teaspoon salt, 1/4 teaspoon pepper, apple juice, applejack, and broth; pour over roast.
- ☐ Insert a meat thermometer into thickest portion of roast. Cover and bake at 425 for 20 minutes; reduce oven temperature to 325 (do not remove roast from oven), and bake 30 minutes.

- ☐ Add apple; cover and bake an additional 30 minutes or until meat thermometer registers 160 (slightly pink).
- ☐ Remove roast from pan, reserving cooking liquid.
- ☐ Place roast on a platter; cover with foil.
- ☐ Let stand 10 minutes.
- ☐ Combine water and cornstarch, and stir into reserved cooking liquid. Bring mixture to a boil, and cook 1 minute or until sauce is slightly thick.
- ☐ Serve sauce with pork.
- ☐ Note: Use 1 cup apple juice concentrate and omit apple brandy, if desired.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:3.64, Inflammation Score:-5, Nutrition Score:17.163478529972%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg, Quercetin: 10.51mg

Nutrients (% of daily need)

Calories: 254.57kcal (12.73%), Fat: 6.7g (10.31%), Saturated Fat: 2g (12.52%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 12.38g (4.5%), Sugar: 9.23g (10.25%), Cholesterol: 89.3mg (29.77%), Sodium: 385.33mg (16.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Vitamin B6: 1.16mg (58.04%), Selenium: 39.54µg (56.49%), Vitamin B1: 0.66mg (44.24%), Vitamin B3: 8.81mg (44.04%), Phosphorus: 351.54mg (35.15%), Potassium: 719.47mg (20.56%), Vitamin B2: 0.31mg (18.24%), Zinc: 2.72mg (18.11%), Vitamin B12: 0.76µg (12.68%), Magnesium: 47.29mg (11.82%), Vitamin B5: 1.17mg (11.65%), Vitamin K: 10.96µg (10.44%), Fiber: 2.38g (9.52%), Iron:

1.35mg (7.48%), Vitamin C: 6.08mg (7.37%), Copper: 0.14mg (7.11%), Manganese: 0.14mg (6.94%), Vitamin D: 0.57µg (3.78%), Calcium: 33.6mg (3.36%), Folate: 12.8µg (3.2%), Vitamin E: 0.37mg (2.44%), Vitamin A: 104.83IU (2.1%)