



Caramelized Pork Loin

 Gluten Free

READY IN



120 min.

SERVINGS



5

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider
- 0.3 cup brown sugar packed
- 1 stick butter
- 3 granny smith apples diced cored peeled
- 1 pinch ground cinnamon
- 5 servings salt and pepper black freshly ground
- 5 pound center cut
- 2 tablespoons vegetable oil

Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil
- dutch oven
- meat tenderizer

Directions

- Preheat oven to 375 degrees F.
- Melt the butter in a large skillet over medium-high heat.
- Add the brown sugar, cinnamon and diced apples and toss to coat.
- Saute 3 minutes, without stirring to let the apples caramelize on 1 side. Toss and saute another 3 minutes.
- Remove from the heat and cool completely.
- Butterfly the tenderloin by cutting the beef lengthwise down the center to within 1/2-inch of the other side. Flatten with a meat mallet.
- When the caramel apples have cooled spread the mixture down the center flap of pork.
- Sprinkle with salt and pepper, to taste. Spoon the apple mixture down the center of the pork roast. Bring the 2 sides of the tenderloin up around filling to meet. Use butcher string and tie around the roll at 1-inch intervals.
- Season the stuffed and tied pork loin with salt and pepper. Sear the pork loin in vegetable oil in a large Dutch oven over medium-high heat, turning to get all the sides.
- Pour the apple cider over the pork. Roast uncovered for about 1 hour and 20 minutes or until an instant-read thermometer inserted into the center of the roast registers 155 degrees F.
- Remove from the oven and let rest, tented with foil, for 15 minutes before slicing.
- Serve with pan juices.
- A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts

PROTEIN 45.14% FAT 42.19% CARBS 12.67%

Properties

Glycemic Index:31.95, Glycemic Load:5.07, Inflammation Score:-7, Nutrition Score:38.023477989694%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg, Catechin: 1.71mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 9.33mg, Epicatechin: 9.33mg, Epicatechin: 9.33mg, Epicatechin: 9.33mg 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 Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 918.66kcal (45.93%), Fat: 42.4g (65.24%), Saturated Fat: 18.14g (113.4%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 25.92g (9.43%), Sugar: 24.31g (27.01%), Cholesterol: 334.35mg (111.45%), Sodium: 372.72mg (16.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.08g (204.17%), Selenium: 126.03µg (180.05%), Vitamin B6: 3.48mg (173.96%), Vitamin B1: 2.03mg (135.61%), Vitamin B3: 26.2mg (130.99%), Phosphorus: 1040.29mg (104.03%), Zinc: 8.24mg (54.92%), Potassium: 1858.67mg (53.1%), Vitamin B2: 0.89mg (52.26%), Vitamin B12: 2.35µg (39.2%), Vitamin B5: 3.5mg (34.98%), Magnesium: 126.21mg (31.55%), Copper: 0.3mg (15.1%), Iron: 2.71mg (15.03%), Vitamin K: 14.16µg (13.49%), Vitamin A: 624.64IU (12.49%), Vitamin D: 1.81µg (12.1%), Vitamin E: 1.76mg (11.73%), Fiber: 2.71g (10.86%), Vitamin C: 5.24mg (6.35%), Manganese: 0.11mg (5.71%), Calcium: 46.52mg (4.65%), Folate: 4.08µg (1.02%)