



Caramelized Pork Loin with Apples

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rome apples cut into wedges
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2.5 pound pork loin boneless trimmed
- ☐ 2 tablespoons brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 1 garlic clove minced
- ☐ 2 granny smith apples cut into wedges

- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 medium onions cut into wedges
- ☐ 0.8 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Rub garlic over surface of trimmed pork loin.
- ☐ Heat a large skillet coated with cooking spray over medium-high heat.
- ☐ Add pork and onion; cook 10 minutes or until browned on all sides, turning occasionally.
- ☐ Place the pork in a 13- x 9-inch baking dish coated with cooking spray.
- ☐ Sprinkle the sugar mixture over roast. Arrange the onion around pork, and drizzle with vinegar.
- ☐ Bake at 425 for 20 minutes.
- ☐ Melt butter in a large skillet over medium-high heat; add apples, and saut 5 minutes or until golden.
- ☐ Remove the pork from oven, and arrange apples around pork; reduce heat to 350, and cook an additional 20 minutes or until pork is done.
- ☐ Pour pan drippings into a medium saucepan, and cook over medium-high heat until reduced to 1/3 cup (about 14 minutes).
- ☐ Drizzle over pork, apples, and onion.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:3.23, Inflammation Score:-3, Nutrition Score:10.963478326797%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 195.3kcal (9.76%), Fat: 5.89g (9.07%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.63g (4.23%), Sugar: 10.1g (11.22%), Cholesterol: 64.55mg (21.52%), Sodium: 210.51mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.25%), Vitamin B6: 0.77mg (38.28%), Selenium: 26.36µg (37.66%), Vitamin B1: 0.44mg (29.28%), Vitamin B3: 5.52mg (27.6%), Phosphorus: 227.91mg (22.79%), Potassium: 460.97mg (13.17%), Zinc: 1.78mg (11.85%), Vitamin B2: 0.2mg (11.72%), Vitamin B12: 0.49µg (8.1%), Magnesium: 31.26mg (7.81%), Vitamin B5: 0.77mg (7.71%), Fiber: 1.8g (7.21%), Vitamin C: 4.25mg (5.16%), Iron: 0.81mg (4.48%), Copper: 0.08mg (4.19%), Manganese: 0.08mg (3.76%), Vitamin D: 0.38µg (2.52%), Vitamin A: 102.36IU (2.05%), Vitamin E: 0.3mg (2.01%), Calcium: 18.93mg (1.89%), Vitamin K: 1.64µg (1.56%), Folate: 5.44µg (1.36%)