



Cardamom Pork Roast with Apples and Figs

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup crystallized ginger minced
- ☐ 2 cups apples dried
- ☐ 2 cups figs dried halved lengthwise
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cardamom

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon fennel powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup pear nectar
- ☐ 0.8 cup pear nectar
- ☐ 3 pound pork loin trimmed
- ☐ 0.5 cup port
- ☐ 2 tablespoons currant jelly
- ☐ 0.5 teaspoon salt

Equipment

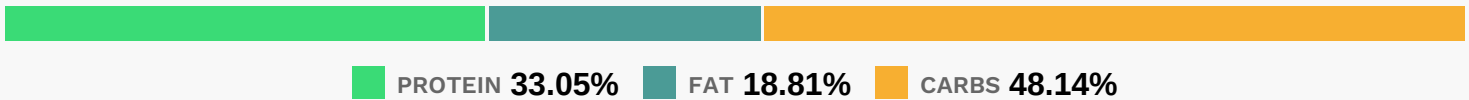
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ To prepare roast, combine first 9 ingredients in a small bowl. Rub mixture over surface of roast; place in a shallow roasting pan coated with cooking spray.
- ☐ Place figs, apples, and crystallized ginger around roast.
- ☐ Pour 3/4 cup nectar and broth over fruit.
- ☐ Bake at 400 for 1 hour and 10 minutes or until meat thermometer registers 145, stirring fruit frequently.

- ☐ Remove from oven; place roast on carving board, and place fruit in a bowl using a slotted spoon.
- ☐ To prepare sauce, pour any pan juices into a saucepan.
- ☐ Add 1/2 cup pear nectar, port, and jelly; bring to a boil. Cook 4 minutes or until thick enough to lightly coat the back of a spoon. Stir in heavy cream; simmer 2 minutes or until sauce has thickened, stirring occasionally.
- ☐ Wine note: Here's a dish that begs for riesling from Alsace, France. In general, the white wines of Alsace are known for their affinity for pork dishes. But in particular, both the acidity and the fruitiness of riesling make it a star pick when flavors go several directions--sweet (figs), spicy (cardamom), herbal (fennel), and exotic (ginger) all at the same time. Try the Hugel et Fils Riesling 2003 from Alsace (\$20). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:15.548695807872%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 328.82kcal (16.44%), Fat: 6.79g (10.44%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 35.01g (12.73%), Sugar: 31.78g (35.31%), Cholesterol: 77.04mg (25.68%), Sodium: 308.85mg (13.43%), Alcohol: 1.53g (100%), Alcohol %: 0.82% (100%), Protein: 26.83g (53.66%), Selenium: 32.9µg (47%), Vitamin B6: 0.92mg (45.91%), Vitamin B1: 0.53mg (35.47%), Vitamin B3: 7.07mg (35.36%), Phosphorus: 288.7mg (28.87%), Manganese: 0.42mg (21.1%), Potassium: 701.33mg (20.04%), Vitamin B2: 0.28mg (16.5%), Fiber: 4.06g (16.25%), Zinc: 2.31mg (15.39%), Magnesium: 52.91mg (13.23%), Vitamin B12: 0.65µg (10.87%), Vitamin B5: 1.06mg (10.58%), Copper: 0.2mg (10.17%), Iron: 1.68mg (9.31%), Calcium: 62.36mg (6.24%), Vitamin K: 5.13µg (4.89%), Vitamin D: 0.53µg (3.55%), Vitamin E: 0.39mg (2.58%), Vitamin C: 1.51mg (1.83%), Vitamin A: 78.78IU (1.58%)