



Cider Pork Roast with Apple-Thyme Gravy

READY IN



450 min.

SERVINGS



6

CALORIES



555 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups apple cider
- 3 tablespoons butter divided
- 0.3 cup calvados
- 1 tablespoon flour
- 1 tablespoon thyme sprigs fresh divided finely chopped for garnish
- 4 gala apple divided cored peeled sliced
- 1.5 teaspoons kosher salt divided
- 2 tablespoons olive oil
- 1 teaspoon pepper

- 3.5 lbs pork shoulder boneless (ask a butcher to do this)

Equipment

- bowl
- frying pan
- whisk
- aluminum foil
- gravy boat

Directions

- Sprinkle pork with 1/2 tsp. salt, then brown in oil in a large frying pan over medium-high heat, turning as needed, 10 minutes.
- Transfer pork and pan juices to a 5- to 6-qt. slow-cooker.
- Add remaining 1 tsp. salt, the cider, Calvados, 1 tbsp. thyme, the pepper, and 1 sliced apple. Cover and cook until meat is very tender, about 4 hours on high or 7 hours on low.
- Meanwhile, about 20 minutes before pork is done, heat 2 tbsp. butter in a large frying pan over medium heat.
- Add remaining 3 apples and cook, stirring frequently, until tender and light golden, about 10 minutes.
- Transfer to a bowl; tent with foil.
- Transfer roast from slow-cooker to a platter and tent with foil. Strain slow-cooker juices and skim fat; set aside. Melt remaining 1 tbsp. butter in frying pan.
- Add flour; cook, whisking often, until golden and bubbling. Slowly whisk in juices and 1 tsp. thyme; cook until slightly thickened, 6 to 8 minutes.
- Transfer to a gravy boat.
- Slice pork, scatter with reserved apples, and drizzle with gravy.
- Garnish with thyme sprigs and serve more gravy on the side.

Nutrition Facts

 **PROTEIN 46.6%**  **FAT 34.19%**  **CARBS 19.21%**

Properties

Glycemic Index:48.29, Glycemic Load:7.88, Inflammation Score:-9, Nutrition Score:33.883043273636%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 11.92mg, Epicatechin: 11.92mg, Epicatechin: 11.92mg, Epicatechin: 11.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 555.08kcal (27.75%), Fat: 19.67g (30.25%), Saturated Fat: 7.14g (44.64%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 21.56g (7.84%), Sugar: 18.3g (20.34%), Cholesterol: 173.81mg (57.94%), Sodium: 773.26mg (33.62%), Alcohol: 4.45g (100%), Alcohol %: 1.19% (100%), Protein: 60.3g (120.6%), Vitamin B3: 25.66mg (128.32%), Vitamin B1: 1.75mg (116.77%), Vitamin B6: 1.98mg (98.83%), Selenium: 68.84µg (98.34%), Vitamin B2: 1.29mg (75.71%), Phosphorus: 628.73mg (62.87%), Vitamin B12: 2.31µg (38.56%), Zinc: 5.27mg (35.11%), Potassium: 1204.57mg (34.42%), Vitamin B5: 2.72mg (27.24%), Magnesium: 80.68mg (20.17%), Iron: 2.9mg (16.13%), Fiber: 3.31g (13.25%), Copper: 0.26mg (12.84%), Manganese: 0.2mg (9.91%), Vitamin C: 7.98mg (9.67%), Vitamin E: 1.27mg (8.5%), Vitamin K: 6.52µg (6.21%), Vitamin A: 298.29IU (5.97%), Calcium: 39mg (3.9%), Folate: 6.72µg (1.68%)