



Crown Pork Roast



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



25 kcal

SIDE DISH

Ingredients

- ☐ 1 large apples
- ☐ 1 cup kumquats fresh
- ☐ 10 servings bone center-cut pork rib roast trimmed (11-rib)
- ☐ 3 tablespoons steak seasoning
- ☐ 1 sprigs flat parsley fresh

Equipment

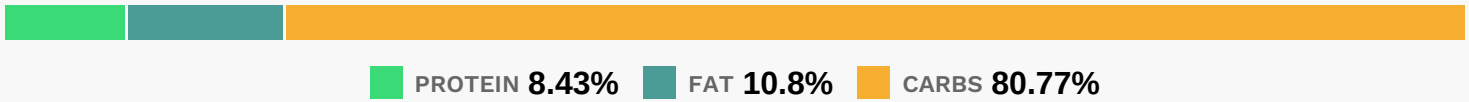
- ☐ oven
- ☐ roasting pan

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Rub steak seasoning evenly over all sides of pork roast.
- ☐ Place roast in a roasting pan; position a large apple in center of roast to help hold its shape.
- ☐ Bake pork roast at 350 for 2 hours. Top apple with 1 cup kumquats, and bake 30 more minutes or until a meat thermometer inserted between ribs 2 inches into meat registers 16
- ☐ Let pork roast stand 15 minutes or until thermometer registers 165 before slicing.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:2.188695644069%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 6.49mg, Naringenin: 6.49mg, Naringenin: 6.49mg, Naringenin: 6.49mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 25.2kcal (1.26%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.26g (1.55%), Sugar: 3.41g (3.79%), Cholesterol: 0.58mg (0.19%), Sodium: 2.29mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin K: 11.8µg (11.23%), Vitamin C: 6.26mg (7.59%), Fiber: 1.41g (5.63%), Manganese: 0.11mg (5.28%), Iron: 0.56mg (3.11%), Calcium: 20.68mg (2.07%), Vitamin B6: 0.04mg (1.8%), Vitamin A: 84.9IU (1.7%), Potassium: 57.01mg (1.63%), Magnesium: 6.34mg (1.59%), Copper: 0.03mg

(1.38%), Vitamin B2: 0.02mg (1.18%), Folate: 4.4µg (1.1%), Vitamin B1: 0.02mg (1.05%)