



## Crown Roast of Pork

👤 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 pound crown roast of pork (14 to 22 ribs, depending on how meaty the ribs)
- ☐ 1 Tbsp thyme leaves dried fresh chopped (or 1 teaspoon )
- ☐ 1 Tbsp sage dried fresh chopped (or 1 teaspoon )
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup water
- ☐ 2 Tbsp butter
- ☐ 4 cups day-old bread cubed ()

- ☐ 0.5 pound sausage meat italian
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 2 cups tart granny smith apples cored peeled chopped
- ☐ 0.3 cup parsley fresh
- ☐ 1 teaspoon sage fresh dry chopped (or)
- ☐ 1 teaspoon thyme leaves fresh dry chopped (or)
- ☐ 10 servings salt and pepper black freshly ground

## Equipment

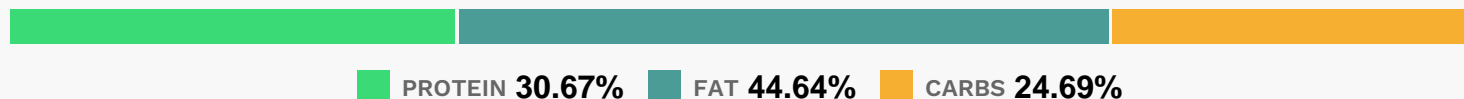
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

## Directions

- ☐ Season the pork roast:
- ☐ Mix together the roast seasonings of thyme, sage, salt and pepper. Rub all over the pork roast.
- ☐ Let roast sit (wrapped) at room temperature for an hour before roasting.
- ☐ Heat a large sauté pan on medium heat. Melt 2 Tbsp butter in the pan, add the cubed bread, and stir to coat the bread pieces with the melted butter.
- ☐ Let bread cubes toast; only turn them when they have become a little browned on a side.
- ☐ Heat a large (4 to 6-qt) pan on medium heat. Breaking of inch-sized chunks, add the Italian sausage to the pan, taking care not to crowd the bottom of the pan.
- ☐ Do not stir, just let cook until lightly browned on one side, then flip the sausage over and brown on the other side. When lightly browned, use a slotted spoon to remove, set aside.

- ☐ Cook the onions and apples: You should have at least a tablespoon of fat in the pan, if not, add some butter.
- ☐ Heat the pan to medium high.
- ☐ Add the onions and celery and cook until onions are translucent, 3–5 minutes.
- ☐ Add the chopped apples and cook for a few minutes more.
- ☐ Add back in the browned sausage, the butter toasted bread cubes, parsley, thyme, and sage. Gently mix. Season to taste with salt and pepper.
- ☐ Remove from heat.
- ☐ Prepare roasting pan and stuff the roast: Preheat oven to 350°F.
- ☐ Place the crown roast in a shallow roasting pan. Fill the center of the crown loosely with stuffing (do not pack in the stuffing).
- ☐ Whatever extra stuffing you have, place in a separate, buttered, oven proof pan.
- ☐ Cover the tips of the ribs with aluminum foil to prevent scorching of the bones.
- ☐ Add one cup water to the pan.
- ☐ Roast the pork: Roast the pork at 350°F on middle rack of oven. Cover the stuffing with foil after about 30 minutes.
- ☐ Cook until a meat thermometer inserted deep into center of meat (do not touch bones, which are on the outside of the roast) registers 145°F, about 2 to 2 1/2 hours total.
- ☐ Add 1/2 cup of water to the remaining stuffing, and bake it (next to or under roast, starting 30 minutes before roast is done, or while the roast is resting), covered with foil, 30 minutes.
- ☐ Transfer pork to a platter and let stand 20 minutes.
- ☐ Carve: To carve the pork, steady the roast with a fork, with a large sharp knife, cut down through each rib to detach the pork chops.

## Nutrition Facts



## Properties

Glycemic Index:36.87, Glycemic Load:25.33, Inflammation Score:-8, Nutrition Score:40.046521539273%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg, Apigenin: 3.38mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 823.73kcal (41.19%), Fat: 40.28g (61.97%), Saturated Fat: 10.39g (64.93%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 45.15g (16.42%), Sugar: 8.46g (9.4%), Cholesterol: 162.25mg (54.08%), Sodium: 1237.84mg (53.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.28g (124.56%), Selenium: 118.03µg (168.61%), Vitamin B1: 1.62mg (108.32%), Vitamin B3: 21.3mg (106.48%), Vitamin B6: 1.84mg (92.02%), Phosphorus: 649.87mg (64.99%), Manganese: 1.27mg (63.54%), Copper: 0.95mg (47.32%), Vitamin B2: 0.72mg (42.25%), Vitamin K: 42.54µg (40.52%), Zinc: 5.92mg (39.46%), Iron: 5.9mg (32.79%), Potassium: 1068.27mg (30.52%), Vitamin B5: 2.6mg (26.01%), Magnesium: 103.44mg (25.86%), Vitamin B12: 1.5µg (25.07%), Folate: 90.55µg (22.64%), Calcium: 205.58mg (20.56%), Fiber: 4.97g (19.89%), Vitamin D: 1.68µg (11.18%), Vitamin C: 5.14mg (6.23%), Vitamin A: 293.18IU (5.86%), Vitamin E: 0.65mg (4.36%)