



Crown Roast of Pork with Apple-Cranberry Stuffing

 Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons salt
- 1 teaspoon pepper
- 1 teaspoon sage dried crushed
- 1 teaspoon thyme leaves dried
- 8 lb bone center-cut pork rib roast
- 0.5 cup butter
- 0.8 cup onion chopped

- 0.5 cup celery stalks chopped
- 8 cups unseasoned bread cubes soft
- 0.5 cup cranberries dried
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 2 cups apples chopped
- 0.5 cup chicken broth (from 32-oz carton)

Equipment

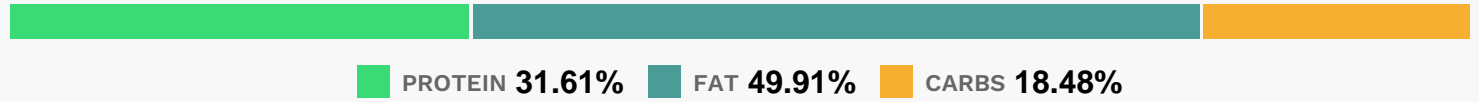
- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F. In small bowl, mix 2 teaspoons salt, 1 teaspoon pepper, sage and dried thyme; rub over pork.
- Place pork, bone ends up, on rack in shallow roasting pan. Wrap bone ends with foil to prevent excessive browning. Insert meat thermometer so tip is in thickest part of pork and does not touch bone or rest in fat.
- Place a small heatproof bowl or crumpled foil in crown to hold its shape. Do not add water.
- Roast uncovered 2 hours 40 minutes to 3 hours 20 minutes or until thermometer reads 165°F.
- In 10-inch skillet, melt butter over medium heat. Cook onion and celery in butter about 2 minutes, stirring occasionally, until crisp-tender; remove from heat. In large bowl, thoroughly mix onion mixture and remaining stuffing ingredients except broth.
- Add broth; toss. One hour before pork is done, fill center of crown with stuffing. Cover stuffing only with foil during first 30 minutes.

- When pork is done, place on warm platter, cover with tent of foil and let stand 15 to 20 minutes or until thermometer reads 170°F. (Temperature will continue to rise about 5°F and pork will be easier to carve as juices set up.)
- Remove foil; place paper frills on bone ends if desired. To serve, spoon stuffing into bowl and cut pork between ribs.

Nutrition Facts



Properties

Glycemic Index:25.31, Glycemic Load:10.56, Inflammation Score:-7, Nutrition Score:27.481739168582%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 574.22kcal (28.71%), Fat: 31.49g (48.44%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 23.61g (8.59%), Sugar: 8.5g (9.44%), Cholesterol: 115.95mg (38.65%), Sodium: 902.66mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.87g (89.74%), Selenium: 81.75µg (116.79%), Vitamin B3: 14.83mg (74.14%), Vitamin B1: 1.08mg (71.81%), Vitamin B6: 1.43mg (71.55%), Phosphorus: 463.28mg (46.33%), Copper: 0.71mg (35.55%), Vitamin B2: 0.47mg (27.71%), Manganese: 0.55mg (27.62%), Zinc: 4.14mg (27.58%), Potassium: 787.11mg (22.49%), Vitamin B12: 1.09µg (18.15%), Vitamin B5: 1.75mg (17.49%), Magnesium: 65.58mg (16.4%), Iron: 2.72mg (15.09%), Calcium: 109.39mg (10.94%), Fiber: 2.62g (10.46%), Vitamin D: 1.4µg (9.31%), Folate: 36.09µg (9.02%), Vitamin A: 406.4IU (8.13%), Vitamin E: 0.77mg (5.11%), Vitamin K: 4.25µg (4.05%), Vitamin C: 2.6mg (3.15%)