



Crown Roast of Pork with Apple Stuffing

READY IN



300 min.

SERVINGS



10

CALORIES



850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple jelly
- ☐ 0.3 lb bacon sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup celery including some leaves finely chopped
- ☐ 1 pinch cinnamon
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon sage or dried fresh chopped
- ☐ 1 teaspoon thyme or dried fresh chopped

- ☐ 5.5 lb tart apples such as granny smith peeled cut into 1/4-inch-thick wedges
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 0.5 cup onion finely chopped
- ☐ 9 lb crown roast of pork
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons butter unsalted
- ☐ 1.5 cups water
- ☐ 6 slices sandwich bread white firm cut into 1-inch squares

Equipment

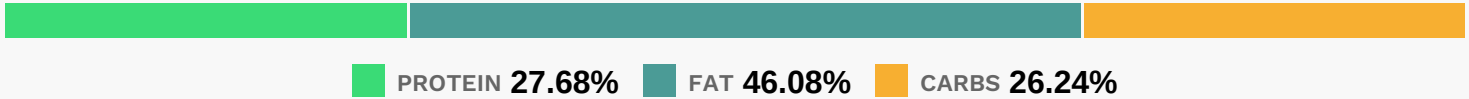
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread bread squares in 1 layer in a shallow baking pan and bake in middle of oven until dry and lightly toasted, about 15 minutes. Leave oven on (for roast) and cool bread.
- ☐ Cook onion and celery in butter in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened, 4 to 5 minutes. Stir in apples, sugar, salt, pepper, sage, thyme, nutmeg, and cinnamon. Reduce heat to low, then cook, covered, stirring, until apples are tender, about 15 minutes. Stir in bread squares, parsley, and chives.

- ☐ Set oven rack in lower third of oven.
- ☐ Sprinkle roast inside and out with salt and pepper and put in a large flameproof roasting pan. Mound stuffing in cavity. Wrap tips of rib bones with foil to prevent burning, then wrap meat below bones with overlapping bacon strips, securing them with wooden toothpicks.
- ☐ Roast pork in middle of oven, covering stuffing loosely with foil after 30 minutes, until an instant-read thermometer registers 155°F when inserted 2 inches into center of meat (do not touch bones), 2 1/4 to 2 3/4 hours total.
- ☐ Transfer roast to a carving board and let stand, loosely covered with foil, 15 to 20 minutes. (Temperature of meat will rise to 160°F; meat will be slightly pink.)
- ☐ Skim fat from pan drippings. Straddle pan across 2 burners and add water, then deglaze pan by boiling over high heat, stirring and scraping up brown bits.
- ☐ Pour through a fine sieve into a saucepan, discarding solids.
- ☐ Add jelly and any juices accumulated on carving board, then simmer sauce, whisking occasionally and skimming any fat that rises, until jelly is melted, about 4 minutes. Season with salt and pepper.
- ☐ Remove all foil from roast and carve into chops by cutting between ribs.

Nutrition Facts



Properties

Glycemic Index:47.49, Glycemic Load:22.44, Inflammation Score:-7, Nutrition Score:35.128695695297%

Flavonoids

Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg, Cyanidin: 3.92mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 18.79mg, Epicatechin: 18.79mg, Epicatechin: 18.79mg, Epicatechin: 18.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Apigenin: 3.57mg, Apigenin: 3.57mg, Apigenin: 3.57mg, Apigenin: 3.57mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 850.4kcal (42.52%), Fat: 43.62g (67.11%), Saturated Fat: 12.92g (80.75%), Carbohydrates: 55.9g (18.63%), Net Carbohydrates: 48.99g (17.82%), Sugar: 38.07g (42.3%), Cholesterol: 184.31mg (61.44%), Sodium: 690.06mg (30%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.97g (117.95%), Selenium: 102.57µg (146.53%), Vitamin B6: 2.02mg (100.88%), Vitamin B3: 18.69mg (93.46%), Vitamin B1: 1.4mg (93.29%), Phosphorus: 623.61mg (62.36%), Potassium: 1286.22mg (36.75%), Zinc: 5.47mg (36.47%), Vitamin B2: 0.61mg (36.02%), Vitamin K: 37.54µg (35.75%), Fiber: 6.9g (27.61%), Vitamin B12: 1.54µg (25.75%), Vitamin B5: 2.24mg (22.43%), Magnesium: 84.82mg (21.21%), Vitamin C: 15.58mg (18.89%), Iron: 2.79mg (15.48%), Copper: 0.3mg (14.85%), Vitamin D: 2.07µg (13.82%), Calcium: 131.78mg (13.18%), Manganese: 0.26mg (12.86%), Vitamin A: 582.73IU (11.65%), Folate: 34.37µg (8.59%), Vitamin E: 1.13mg (7.54%)