



WHATSheATE



Crown Roast of Pork with Corn Bread-Poblano Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



1129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 stalk celery diced
- ☐ 6 cups cornbread for stuffing (1 1/2 recipes)
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon hot sauce

- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 large poblano pepper diced seeded
- ☐ 10 pound bone center-cut pork rib roast
- ☐ 0.5 teaspoon salt
- ☐ 1 shallots chopped
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 medium onion diced yellow

Equipment

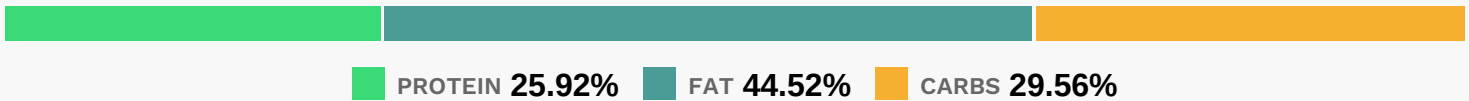
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ casserole dish
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ In blender, purée olive oil, garlic, shallot, sage, salt, and pepper until blended. Rub mixture over roast, concentrating on areas between chops.
- ☐ Transfer roast to roasting pan. Cover with foil and refrigerate overnight or up to 48 hours.
- ☐ Let sit at room temperature 1 hour before roasting.
- ☐ Preheat oven to 450°F. Turn roast upside down (rib bones down) in roasting pan. Roast 15 minutes, then reduce heat to 350°F and roast until instant-read thermometer registers 155°F when inserted 2 inches into center of meat (do not touch bones), about 1 1/2 hours more.
- ☐ In large skillet over moderately high heat, melt butter.

- ☐ Add poblanos, onion, celery, and garlic, and sauté, stirring, until softened, 7 to 10 minutes.
- ☐ In large bowl, combine corn bread and sautéed vegetables.
- ☐ Add eggs, 1/4 cup chicken stock, cilantro, hot sauce, salt, and pepper. If mixture seems dry, mix in additional stock, slowly, until stuffing is lightly moistened. Press into 2-quart casserole dish. Thirty minutes before removing roast, transfer stuffing to oven.
- ☐ Bake until golden, about 45 minutes.
- ☐ When roast is done, remove from oven, tent with foil, and let stand at least 15 minutes (it will stay warm 1 hour). When stuffing is done, mound 1/2 on platter. Flip roast upright on top of stuffing. Fill center of roast with remaining stuffing. Slice at table.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:47.280869691268%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 1128.57kcal (56.43%), Fat: 55.24g (84.99%), Saturated Fat: 16.08g (100.5%), Carbohydrates: 82.52g (27.51%), Net Carbohydrates: 77.66g (28.24%), Sugar: 25.07g (27.86%), Cholesterol: 303.95mg (101.32%), Sodium: 1517.03mg (65.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.38g (144.76%), Copper: 4mg (200.19%), Selenium: 121.92µg (174.16%), Phosphorus: 1206.25mg (120.63%), Vitamin B6: 2.36mg (117.94%), Vitamin B1: 1.69mg (112.62%), Vitamin B3: 22.25mg (111.25%), Vitamin C: 54.85mg (66.48%), Vitamin B2: 0.86mg (50.39%), Zinc: 6.78mg (45.23%), Potassium: 1383.54mg (39.53%), Vitamin B12: 2.05µg (34.13%), Vitamin B5: 3.17mg (31.65%), Calcium: 295.34mg (29.53%), Manganese: 0.59mg (29.34%), Iron: 5.06mg (28.11%), Magnesium: 105.63mg (26.41%), Folate: 94.92µg (23.73%), Fiber: 4.86g (19.45%), Vitamin K: 18.51µg (17.63%), Vitamin A: 825.33IU (16.51%), Vitamin D: 2.38µg (15.87%), Vitamin E: 2.02mg (13.47%)