



## Crown Roast Of Pork With Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 servings apple sauce
- 1 pound sausage meat
- 0.3 cup flour all-purpose
- 1 teaspoon sauce
- 1.5 pounds baby potatoes
- 0.3 teaspoon pepper
- 6 pound bone center-cut pork rib roast
- 0.5 teaspoon salt

- 3.5 cups water divided
- 1 tablespoon worcestershire sauce

## Equipment

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

## Directions

- Combine 1 cup water, Worcestershire sauce, and bouquet sauce; brush surface of roast with water mixture.
- Sprinkle with salt and pepper. Spoon sausage into center of roast.
- Place a small piece of aluminum foil on each bone end.
- Place roast, bone end up, in a shallow roasting pan.
- Pour remaining water mixture and 2 cups water over roast. Insert meat thermometer, being careful not to touch bone or fat.
- Bake at 375 for 15 minutes; reduce heat to 325, and bake 1 hour.
- Add potatoes to roasting pan, and continue baking 1 hour or until meat thermometer registers 17
- Remove roast and potatoes to a warm serving platter, reserving pan liquid.
- Let roast stand 10 to 15 minutes before slicing.
- Degrease pan liquid; pour into a medium saucepan.
- Combine flour and remaining 1/2 cup water, stirring until smooth.
- Pour flour mixture into pan liquid; cook, stirring constantly, until thickened and bubbly.
- Serve gravy and applesauce with roast.

## Nutrition Facts



■ PROTEIN 30.84% ■ FAT 49.17% ■ CARBS 19.99%

## Properties

Glycemic Index:21.88, Glycemic Load:11.01, Inflammation Score:-4, Nutrition Score:26.637826173202%

## Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 592.83kcal (29.64%), Fat: 32.09g (49.37%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 26.39g (9.6%), Sugar: 12.28g (13.65%), Cholesterol: 136.84mg (45.61%), Sodium: 544.2mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.29g (90.59%), Selenium: 65.76µg (93.94%), Vitamin B6: 1.6mg (79.97%), Vitamin B3: 14.58mg (72.92%), Vitamin B1: 1.06mg (70.93%), Phosphorus: 476.35mg (47.63%), Potassium: 1113.29mg (31.81%), Zinc: 4.58mg (30.55%), Vitamin B2: 0.45mg (26.74%), Vitamin B12: 1.36µg (22.59%), Vitamin C: 15.16mg (18.38%), Vitamin B5: 1.82mg (18.2%), Magnesium: 69.03mg (17.26%), Iron: 2.66mg (14.8%), Copper: 0.28mg (13.83%), Vitamin D: 1.85µg (12.31%), Fiber: 2.96g (11.86%), Manganese: 0.19mg (9.32%), Calcium: 67.25mg (6.73%), Folate: 22.77µg (5.69%), Vitamin E: 0.51mg (3.39%), Vitamin K: 2.2µg (2.09%), Vitamin A: 86.75IU (1.73%)