



Maple and Calvados-Glazed Pork Crown Roast with Apple-Chestnut Puree

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup calvados (apple brandy)
- ☐ 2 tablespoons calvados (apple brandy)
- ☐ 1 cup bottled chestnuts
- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 1.5 pounds apples i use 2 granny smith apples peeled chopped

- ☐ 2 tablespoons half-and-half
- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons maple syrup
- ☐ 10.3 pounds crown roast of pork trimmed (16-rib)
- ☐ 1 sage sprig
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons salt

Equipment

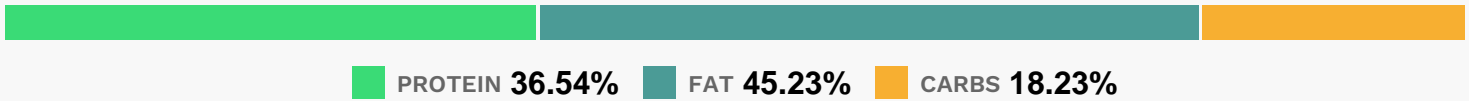
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 450
- ☐ To prepare roast, combine 1/2 cup Calvados, 1/4 cup syrup, and sage sprig in a small saucepan; bring to a boil over medium-high heat. Reduce heat; simmer 5 minutes or until slightly thick.
- ☐ Remove from heat; discard sage sprig.
- ☐ Lightly coat roast with cooking spray; rub 1 1/2 teaspoons salt and pepper over roast.
- ☐ Place roast on a broiler pan coated with cooking spray.
- ☐ Brush one-fourth of glaze over roast.
- ☐ Bake at 450 for 25 minutes or until browned.
- ☐ Reduce oven temperature to 300 (do not remove roast from oven); bake at 300 for 1 hour and 45 minutes, brushing with glaze every 30 minutes. (Cover bones with foil if they start to become too brown).

- ☐ Increase oven temperature to 400 (do not remove roast from oven); cook an additional 25 minutes or until a thermometer inserted in meaty part of roast registers 15
- ☐ Remove roast from oven; let stand 20 minutes before carving.
- ☐ To prepare puree, while roast bakes, combine apple, chestnuts, 1/2 cup Calvados, sugar, and 2 tablespoons syrup in a medium saucepan; bring to a boil. Reduce heat, and simmer 15 minutes or until apple is tender.
- ☐ Place mixture in a food processor; add half-and-half, 2 tablespoons Calvados, 1/2 teaspoon salt, and chopped sage. Process 1 minute or until smooth.
- ☐ Slice vertically between each rib bone.
- ☐ Serve pork with puree.
- ☐ Wine note: A dish with flavors as complex as this deserves an equally complex wine. With its earthy character, pinot noir is a great foil to maple and chestnut flavors. Plus, compared to other reds, pinot noir has good underlying acidity to balance the richness of roast pork. One of my favorite moderately priced examples is the 2001 Thomas Fogarty Pinot Noir (\$2
- ☐ from the Santa Cruz Mountains of California. –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:5.55, Inflammation Score:-3, Nutrition Score:22.864348087622%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 458.71kcal (22.94%), Fat: 21.58g (33.2%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.51g (6.73%), Sugar: 13.46g (14.95%), Cholesterol: 111.89mg (37.3%), Sodium: 401.92mg

(17.47%), Alcohol: 3.13g (100%), Alcohol %: 1.48% (100%), Protein: 39.23g (78.47%), Selenium: 68.21µg (97.44%), Vitamin B6: 1.36mg (68.01%), Vitamin B3: 12.29mg (61.47%), Vitamin B1: 0.9mg (60.08%), Phosphorus: 399.98mg (40%), Copper: 0.57mg (28.31%), Vitamin B2: 0.45mg (26.59%), Zinc: 3.68mg (24.52%), Potassium: 763.04mg (21.8%), Vitamin B12: 1.04µg (17.32%), Vitamin B5: 1.41mg (14.11%), Manganese: 0.27mg (13.37%), Magnesium: 51.54mg (12.88%), Vitamin D: 1.34µg (8.95%), Iron: 1.34mg (7.45%), Calcium: 67.79mg (6.78%), Vitamin C: 5.57mg (6.75%), Fiber: 1.06g (4.25%), Vitamin E: 0.31mg (2.08%), Folate: 6.58µg (1.65%), Vitamin K: 1.16µg (1.11%)