



# Pecan-Cornbread-Stuffed Pork With Apple-Bourbon Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup apple juice unsweetened
- 3 tablespoons bourbon divided
- 1 cup corn bread stuffing mix (such as Pepperidge Farm)
- 0.1 teaspoon thyme leaves dried
- 3 tablespoons flour all-purpose
- 0.5 cup apples i use 2 granny smith apples peeled finely chopped
- 1 inch rings granny smith apple

- 2 tablespoons maple syrup divided
- 3 tablespoons pecans chopped
- 0.1 teaspoon pepper
- 2 pound rolled boned pork loin roast lean
- 0.3 teaspoon rubbed sage
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 0.5 cup vidalia sweet finely chopped
- 1 inch vidalia sweet
- 0.3 cup water
- 1.5 tablespoons water

## Equipment

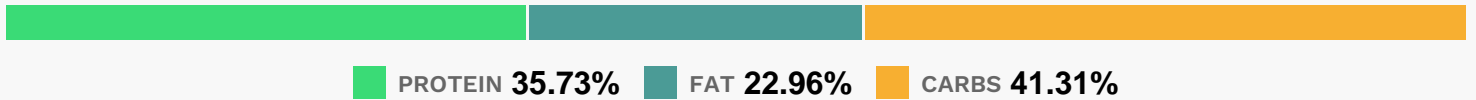
- bowl
- frying pan
- sauce pan
- whisk
- slow cooker

## Directions

- Combine stuffing mix, 1 1/2 tablespoons bourbon, 1 tablespoon syrup, chopped onion, and next 6 ingredients in a bowl; toss until well blended.
- Unroll roast, and trim fat.
- Spread stuffing mixture over inside surface of roast. Reroll roast, and secure at 1-inch intervals with heavy string; sprinkle with 1/4 teaspoon salt.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add stuffed roast, browning on all sides.
- Place browned roast in a 4-quart electric slow cooker. Arrange onion slices and apple rings on top of roast.

- Combine 1 1/2 teaspoons bourbon, remaining 1 tablespoon syrup, and 1 cup apple juice; stir well, and pour over roast. Cover and cook on low-heat setting for 4 hours or until pork is done.
- Place roast, onion slices, and apple rings on a platter.
- Cut roast into 8 slices; cut onion slices and apple rings in half crosswise. Set aside, and keep warm.
- Pour cooking liquid into a medium saucepan; stir in remaining 1 tablespoon bourbon and 1/8 teaspoon salt.
- Place flour in a small bowl; gradually add 1/4 cup water, stirring with a whisk until well blended.
- Add flour mixture to pan; cook over medium heat until thick and bubbly, stirring constantly.
- Serve gravy with roast, onion slices, and apple rings.

## Nutrition Facts



### Properties

Glycemic Index:34.16, Glycemic Load:4.5, Inflammation Score:-4, Nutrition Score:17.847391083837%

### Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

### Nutrients (% of daily need)

Calories: 348.4kcal (17.42%), Fat: 8.4g (12.93%), Saturated Fat: 1.91g (11.95%), Carbohydrates: 34.01g (11.34%), Net Carbohydrates: 32.26g (11.73%), Sugar: 9.94g (11.05%), Cholesterol: 71.74mg (23.91%), Sodium: 583.31mg (25.36%), Alcohol: 1.88g (100%), Alcohol %: 1.08% (100%), Protein: 29.42g (58.83%), Selenium: 46.79µg (66.84%), Vitamin B1: 0.74mg (49.42%), Vitamin B6: 0.93mg (46.64%), Vitamin B3: 8.48mg (42.4%), Phosphorus: 316.43mg (31.64%), Manganese: 0.53mg (26.34%), Vitamin B2: 0.42mg (24.92%), Zinc: 2.57mg (17.12%), Potassium: 579.49mg (16.56%), Folate: 58.33µg (14.58%), Magnesium: 50.61mg (12.65%), Iron: 2.07mg (11.5%), Vitamin B5: 1.04mg (10.38%), Copper: 0.2mg (10.02%), Vitamin B12: 0.58µg (9.74%), Fiber: 1.75g (6.99%), Calcium: 48.74mg (4.87%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.34mg (2.24%), Vitamin C: 1.2mg (1.45%)