



Peppercorn Pork Roast

READY IN



45 min.

SERVINGS



10

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple brandy
- 1.5 cups apple cider divided
- 1 teaspoon brown sugar
- 0.3 cup butter softened
- 1 tablespoon butter
- 1 tablespoon cider vinegar
- 1 teaspoon dijon mustard
- 2 tablespoons dijon mustard
- 2 teaspoons thyme leaves dried

- 1 tablespoon mustard dry
- 1 tablespoon flour all-purpose
- 2 tablespoons flour all-purpose
- 1 tablespoon peppercorns green
- 0.3 teaspoon ground pepper black
- 1 tablespoon mustard seeds
- 1 tablespoon cracked peppercorns black
- 4.5 pound rolled pork loin roast boneless
- 0.5 teaspoon salt
- 10 servings garnish: herb sprigs fresh
- 1 tablespoon peppercorns white

Equipment

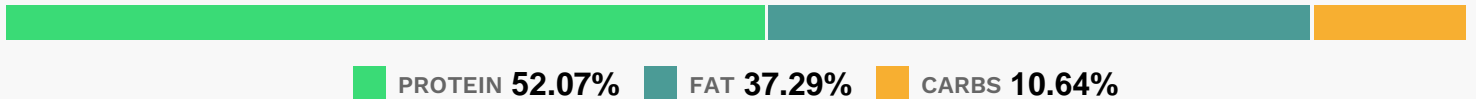
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Melt 1 tablespoon butter in a heavy skillet over medium-high heat; add roast, and brown on all sides.
- Place in a roasting pan, and cool slightly.

- Combine mustard seeds and next 3 ingredients in a heavy-duty zip-top plastic bag; seal. Crush spices with a meat mallet or rolling pin.
- Combine crushed spices, 2 tablespoons flour, and next 3 ingredients; stir in 1/4 cup butter and 2 tablespoons Dijon mustard.
- Spread on top and sides of roast.
- Bake at 475 for 20 minutes; reduce heat to 32
- Loosely cover with aluminum foil, and bake 1 hour and 10 minutes or until a meat thermometer inserted in thickest portion registers 16
- Remove roast from pan, reserving 2 tablespoons drippings; keep warm.
- Combine reserved drippings, 1 tablespoon flour, 2 tablespoons apple cider, cider vinegar, and 1 teaspoon Dijon mustard; set aside.
- Bring remaining apple cider to a boil in a saucepan over medium-high heat; boil 8 minutes or until reduced to 3/4 cup. Stir in brandy; boil 1 minute.
- Whisk in flour mixture, salt, and pepper; cook over medium-high heat until thickened.
- Serve with roast.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:48.58, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:23.496956566106%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 369.14kcal (18.46%), Fat: 14.96g (23.02%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 8.12g (2.95%), Sugar: 4.45g (4.95%), Cholesterol: 140.79mg (46.93%), Sodium: 337.37mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47g (93.99%), Selenium: 62.44µg (89.21%), Vitamin B6: 1.57mg (78.47%), Vitamin B1: 0.95mg (63.64%), Vitamin B3: 12.04mg (60.2%), Phosphorus: 490.89mg (49.09%), Zinc: 3.9mg (25.98%), Vitamin B2: 0.42mg (24.63%), Potassium: 851.19mg (24.32%), Manganese: 0.35mg (17.54%), Vitamin B12: 1.05µg (17.53%), Magnesium: 69.33mg (17.33%), Vitamin B5: 1.6mg (16.02%), Iron: 2.22mg (12.33%), Copper: 0.18mg (8.82%), Fiber: 1.48g (5.9%), Vitamin K: 5.8µg (5.52%), Vitamin D: 0.82µg (5.44%), Vitamin A: 258.54IU (5.17%), Calcium: 39.33mg (3.93%), Vitamin E: 0.58mg (3.88%), Vitamin C: 2.68mg (3.25%), Folate: 8.92µg (2.23%)