



## Pork Crown Roast with Apple-Pecan Stuffing and Gravy

READY IN



175 min.

SERVINGS



55

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3.5 cups apple juice divided
- 0.8 tsp pepper black divided
- 0.5 cup butter
- 3 Tbsp flour
- 2 Tbsp parsley fresh chopped
- 2 gala apples chopped
- 3 Tbsp grey poupon savory honey mustard
- 0.8 cup planters pecans toasted chopped

- 8 lb pork crown roast (16-rib)
- 0.8 cup raisins
- 12 oz stove top stuffing mix for pork
- 1.5 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil

## Directions

- Heat oven to 350F.
- Season meat with 1/2 tsp. pepper.
- Place on rack in shallow pan.
- Bake 2 to 2-1/2 hours or until 145F.
- Remove from oven. Cover with foil; let stand 10 min.
- Meanwhile, bring water, 1-1/2 cups apple juice, raisins and butter to boil in large saucepan. Stir in stuffing mixes, apples and nuts; cover.
- Remove from heat.
- Let stand 5 min. Fluff with fork; spoon into center of meat. Spoon any remaining stuffing into serving bowl. Cover meat and remaining stuffing to keep warm until ready to serve.
- Remove 2 Tbsp. pan drippings; place in medium saucepan.
- Whisk in flour and mustard; cook on medium heat 1 min., stirring constantly. Stir in remaining apple juice and pepper; cook and stir 3 min. or until mixture comes to boil and thickens. Stir in parsley.
- Cut meat into 1-rib portions.
- Serve with stuffing and apple gravy.

# Nutrition Facts

PROTEIN 26.48% FAT 46.96% CARBS 26.56%

## Properties

Glycemic Index:6.01, Glycemic Load:2.03, Inflammation Score:-2, Nutrition Score:6.3434781950453%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 148.79kcal (7.44%), Fat: 7.71g (11.86%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 9.14g (3.32%), Sugar: 2.94g (3.27%), Cholesterol: 29.75mg (9.92%), Sodium: 130.31mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.57%), Selenium: 18.67µg (26.67%), Vitamin B1: 0.25mg (16.96%), Vitamin B3: 3.2mg (15.98%), Vitamin B6: 0.32mg (15.95%), Phosphorus: 105.23mg (10.52%), Vitamin B2: 0.11mg (6.75%), Manganese: 0.13mg (6.34%), Zinc: 0.94mg (6.27%), Potassium: 208.89mg (5.97%), Magnesium: 16.15mg (4.04%), Vitamin B12: 0.24µg (4%), Vitamin B5: 0.36mg (3.56%), Copper: 0.07mg (3.55%), Iron: 0.64mg (3.53%), Folate: 11.97µg (2.99%), Fiber: 0.67g (2.7%), Vitamin K: 2.72µg (2.59%), Calcium: 21.11mg (2.11%), Vitamin D: 0.3µg (2.03%), Vitamin A: 71.45IU (1.43%), Vitamin E: 0.16mg (1.05%)