



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

READY IN



175 min.

SERVINGS



16

CALORIES



511 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:20.66, Glycemic Load:6.96, Inflammation Score:-5, Nutrition Score:21.805652089741%

## Flavonoids

Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg, Cyanidin: 0.87mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg, Apigenin: 1.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 511.47kcal (25.57%), Fat: 26.51g (40.78%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 31.42g (11.43%), Sugar: 10.1g (11.23%), Cholesterol: 102.28mg (34.09%), Sodium: 447.95mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.27%), Selenium: 64.17µg (91.67%), Vitamin B1: 0.87mg (58.31%), Vitamin B3: 10.99mg (54.93%), Vitamin B6: 1.1mg (54.82%), Phosphorus: 361.74mg (36.17%), Vitamin B2: 0.39mg (23.2%), Manganese: 0.44mg (21.78%), Zinc: 3.23mg (21.56%), Potassium: 718.07mg (20.52%), Magnesium: 55.51mg (13.88%), Vitamin B12: 0.82µg (13.74%), Vitamin B5: 1.22mg (12.23%), Copper: 0.24mg (12.21%), Iron: 2.18mg (12.14%), Folate: 41.15µg (10.29%), Fiber: 2.32g (9.28%), Vitamin K: 9.34µg (8.9%), Calcium: 72.55mg (7.26%), Vitamin D: 1.05µg (6.99%), Vitamin A: 245.63IU (4.91%), Vitamin E: 0.54mg (3.61%), Vitamin C: 2.58mg (3.13%)