



Pork Crown Roast with Fruited Stuffing Supreme

READY IN



255 min.

SERVINGS



16

CALORIES



511 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 lb bone center-cut pork rib roast
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 lb sausage meat
- 0.3 cup butter
- 2 cups celery stalks chopped
- 0.8 cup onion chopped (1 large)
- 1 cup chicken broth

- 1 teaspoon sage dried crumbled
- 1 teaspoon poultry seasoning
- 16 oz pepperidge farm sage and onion stuffing stuffing
- 8 oz pineapple rings crushed undrained canned
- 1 cup apple sauce
- 1 cup orange marmalade

Equipment

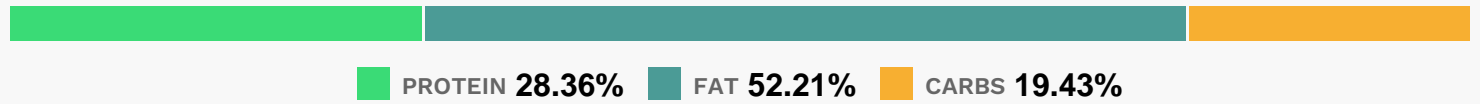
- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 325°F.
- Sprinkle pork with salt and pepper. On rack in shallow roasting pan, place pork with bone ends up. Wrap bone ends in foil to prevent excessive browning. Insert ovenproof meat thermometer so tip is in thickest part of pork and does not touch bone or rest in fat.
- Place small heatproof bowl or crumpled foil in crown to hold shape of roast evenly. Do not add water.
- Heat oven to 325°F.
- Sprinkle pork with salt and pepper. On rack in shallow roasting pan, place pork with bone ends up. Wrap bone ends in foil to prevent excessive browning. Insert ovenproof meat thermometer so tip is in thickest part of pork and does not touch bone or rest in fat.
- Place small heatproof bowl or crumpled foil in crown to hold shape of roast evenly. Do not add water.
- About 1 hour before pork is done, remove bowl and fill center of crown with stuffing. (Remaining stuffing can be baked in 1 1/2-quart covered casserole.) Cover stuffing with foil only for first 30 minutes.
- Remove foil and finish roasting.

- Remove pork from oven when thermometer reads 145°F. Cover loosely with foil; let stand at least 3 minutes.
- Remove foil wrapping; place paper frills on bone ends if desired. To serve, spoon stuffing into bowl and cut ork between ribs.

Nutrition Facts



Properties

Glycemic Index:10.56, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:22.081304405047%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 510.85kcal (25.54%), Fat: 29.47g (45.34%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 22.97g (8.35%), Sugar: 16.61g (18.45%), Cholesterol: 115.15mg (38.38%), Sodium: 790.01mg (34.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.02g (72.05%), Selenium: 67.68µg (96.68%), Vitamin B6: 1.16mg (57.9%), Vitamin B3: 11.38mg (56.9%), Vitamin B1: 0.83mg (55.25%), Phosphorus: 363.7mg (36.37%), Copper: 0.57mg (28.26%), Zinc: 3.54mg (23.61%), Vitamin B2: 0.36mg (21.3%), Potassium: 682.37mg (19.5%), Vitamin B12: 1.06µg (17.68%), Vitamin B5: 1.31mg (13.07%), Magnesium: 47.85mg (11.96%), Iron: 1.74mg (9.65%), Vitamin D: 1.42µg (9.44%), Vitamin K: 9.36µg (8.92%), Calcium: 70.53mg (7.05%), Manganese: 0.14mg (6.81%), Fiber: 1.7g (6.79%), Vitamin A: 295.62IU (5.91%), Vitamin E: 0.8mg (5.31%), Folate: 20.58µg (5.14%), Vitamin C: 3.6mg (4.37%)