



## Pork Crown Roast with Royal Glaze and Gravy

 **Gluten Free**  **Dairy Free**

READY IN



245 min.

SERVINGS



8

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup spiced apple butter
- 2.5 cups chicken broth divided
- 1 bunch parsley fresh for garnish
- 1 teaspoon garlic chopped
- 2 teaspoons ginger chopped
- 2 tablespoons grill seasoning
- 7 pound pork crown roast
- 3 tablespoons spicy brown mustard

- 0.8 cup canadian whiskey divided (recommended: Crown Royal)
- 1 tablespoon worcestershire sauce

## Equipment

- sauce pan
- oven
- whisk
- roasting pan
- grill
- aluminum foil
- gravy boat

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Sprinkle the grill seasoning over the roast, making sure it is thoroughly seasoned.
- Place the crown roast into a roasting pan, bone ends up. Roast, uncovered, for 20 to 25 minutes per pound of meat, about 2 1/2 to 3 1/2 hours, or when the internal temperature is 150 degrees F. Make sure to baste with any pan drippings every 20 minutes for the first 2 hours. For the last hour of cooking, baste with the royal glaze. Wrap the bone ends with aluminum foil if they begin to brown too quickly.
- While the roast is cooking, whisk together 1 cup chicken broth, mustard, Worcestershire sauce, 1/4 cup whiskey, garlic, ginger, and apple butter in a saucepan and place over medium-low heat.
- Let simmer until thick and reduced by a third, 12 to 15 minutes.
- Brush the glaze onto the roast every 15 minutes for the last hour of cooking.
- Remove the roast from the oven, transfer to a serving platter, and let rest for 15 minutes before slicing.
- Garnish the platter with parsley.
- Place the roasting pan over medium heat and deglaze with the remaining 1/2 cup whiskey, scraping up the bits with a flat edged spoon.

Add the remaining royal glaze, remaining 1 1/2 cups chicken broth, and let simmer until thickened and reduced by half.

Pour into a gravy boat and serve with the roast.

## Nutrition Facts

**PROTEIN 42.42%** **FAT 51.82%** **CARBS 5.76%**

### Properties

Glycemic Index:15.5, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:32.981739033823%

### Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 578.93kcal (28.95%), Fat: 29.44g (45.29%), Saturated Fat: 6.27g (39.18%), Carbohydrates: 7.36g (2.46%), Net Carbohydrates: 6.58g (2.39%), Sugar: 4.88g (5.42%), Cholesterol: 153.4mg (51.13%), Sodium: 514.8mg (22.38%), Alcohol: 7.97g (100%), Alcohol %: 2.62% (100%), Protein: 54.22g (108.44%), Selenium: 95.39µg (136.27%), Vitamin K: 125.12µg (119.16%), Vitamin B6: 1.82mg (90.99%), Vitamin B3: 16.94mg (84.7%), Vitamin B1: 1.23mg (82.3%), Phosphorus: 550.24mg (55.02%), Zinc: 5.06mg (33.75%), Vitamin B2: 0.53mg (30.9%), Potassium: 982.23mg (28.06%), Vitamin B12: 1.43µg (23.82%), Vitamin B5: 1.88mg (18.76%), Magnesium: 70.54mg (17.64%), Iron: 2.64mg (14.69%), Vitamin A: 657.25IU (13.14%), Vitamin C: 10.11mg (12.25%), Vitamin D: 1.83µg (12.22%), Copper: 0.22mg (11.17%), Manganese: 0.2mg (10.22%), Calcium: 96.44mg (9.64%), Folate: 12.96µg (3.24%), Fiber: 0.78g (3.14%), Vitamin E: 0.44mg (2.93%)