



Pork Loin Roast With Carolina Apple Compote

 Gluten Free

READY IN



126 min.

SERVINGS



10

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 3 lb pork loin boneless
- 1 tablespoon butter
- 2 teaspoons canola oil
- 2 pounds gala apple unpeeled
- 3 garlic clove minced
- 0.5 teaspoon ground cinnamon
- 1 pinch ground cloves

- 3 teaspoons seasoning dried italian
- 1 tablespoon juice of lemon
- 2.5 teaspoons orange zest
- 0.5 teaspoon pepper
- 2 teaspoons salt
- 10 servings green beans
- 5 tablespoons sugar

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Combine first 4 ingredients. Rub mixture on all sides of pork roast. Tie pork with kitchen string, securing at 1-inch intervals. Cover and chill 2 hours.
- Preheat oven to 37
- Brown roast in hot oil in a large skillet over medium-high heat 2 to 4 minutes on all sides.
- Place pork on a lightly greased rack in an aluminum foil-lined roasting pan.
- Bake at 375 for 1 hour or until a meat thermometer inserted into thickest portion registers 15
- Cover roast with foil, and let stand 15 minutes before slicing.
- Meanwhile, cut apples into bite-size pieces; sprinkle with lemon juice.
- Add cider and next 4 ingredients to skillet. Cook, over medium heat, stirring occasionally, 10 minutes or until slightly thickened.
- Add apples, and cook, stirring occasionally, 20 minutes or just until apples are tender and liquid is absorbed. Stir in butter until melted, and remove skillet from heat. Stir any accumulated pan juices from roast into compote.

Serve compote immediately with pork.

Nutrition Facts

PROTEIN 42.19% **FAT 23.3%** **CARBS 34.51%**

Properties

Glycemic Index:31.08, Glycemic Load:9.75, Inflammation Score:-6, Nutrition Score:19.65652158986%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 299.18kcal (14.96%), Fat: 7.83g (12.04%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 21.96g (7.99%), Sugar: 19.56g (21.73%), Cholesterol: 88.74mg (29.58%), Sodium: 546.38mg (23.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.77%), Vitamin B6: 1.17mg (58.3%), Selenium: 38.27µg (54.67%), Vitamin B1: 0.67mg (44.82%), Vitamin B3: 8.36mg (41.82%), Phosphorus: 341.76mg (34.18%), Vitamin K: 30.27µg (28.83%), Potassium: 762.07mg (21.77%), Vitamin B2: 0.35mg (20.35%), Zinc: 2.66mg (17.72%), Fiber: 4.12g (16.49%), Vitamin C: 12.65mg (15.34%), Magnesium: 57.19mg (14.3%), Manganese: 0.26mg (13.02%), Vitamin B5: 1.22mg (12.23%), Vitamin B12: 0.7µg (11.61%), Vitamin A: 477.05IU (9.54%), Iron: 1.71mg (9.48%), Copper: 0.15mg (7.69%), Vitamin E: 0.86mg (5.72%), Folate: 22.84µg (5.71%), Calcium: 48.78mg (4.88%), Vitamin D: 0.54µg (3.63%)