



## Pork Loin with Apple, Pear, and Onion

 Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 12 ounce apple cider hard (such as Woodpecker or Woodchuck)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pound pork loin boneless trimmed
- ☐ 2 medium bosc pear cut into 8 wedges
- ☐ 3 tablespoons brown sugar
- ☐ 1 teaspoon marjoram dried
- ☐ 2 teaspoons rosemary dried
- ☐ 1 teaspoon thyme dried

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup maple syrup pure
- ☐ 1 medium onion red cut into 8 wedges
- ☐ 0.8 teaspoon salt
- ☐ 2 large baking apples are apples that have a sweet-tart balance and hold their shape when cut into chunks (such as Granny Smith, McIntosh, or Baldwin)

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

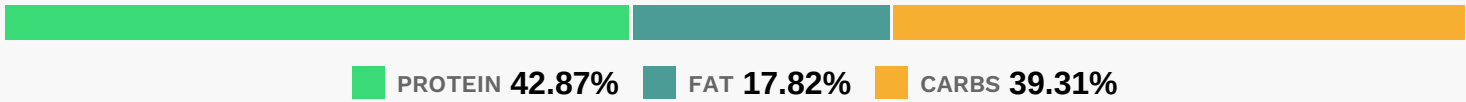
## Directions

- ☐ Combine first 6 ingredients in a large shallow dish or large zip-top plastic bag. Pierce pork several times with a fork, and add to marinade. Cover dish or seal bag; marinate in refrigerator at least 2 hours.
- ☐ . Preheat oven to 35
- ☐ Remove pork from marinade, reserving marinade.
- ☐ Place pork in a shallow roasting pan; add apple, pear, and onion.
- ☐ Pour reserved marinade over pork, apple, pear, and onion; sprinkle evenly with brown sugar.
- ☐ Bake at 350 for 1 hour or until thermometer registers 155 (slightly pink).
- ☐ Place pork on a serving platter, and let stand 10 minutes.
- ☐ . While pork stands, place flour in a medium saucepan. Carefully pour pan drippings into pan, stirring with a whisk until well blended. Stir in syrup. Bring to a boil; reduce heat, and simmer 1 minute or until gravy begins to thicken.
- ☐ . Slice roast; serve with fruit, onion, and gravy.

☐

Garnish with rosemary sprigs, if desired.

# Nutrition Facts



## Properties

Glycemic Index:29.17, Glycemic Load:7.04, Inflammation Score:-3, Nutrition Score:13.920869391897%

## Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg, Epicatechin: 5.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Nutrients (% of daily need)

Calories: 243.14kcal (12.16%), Fat: 4.78g (7.35%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 23.72g (7.91%), Net Carbohydrates: 21.61g (7.86%), Sugar: 18.15g (20.17%), Cholesterol: 71.44mg (23.81%), Sodium: 204.82mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Selenium: 31.98µg (45.69%), Vitamin B6: 0.9mg (44.94%), Vitamin B1: 0.54mg (35.91%), Vitamin B3: 6.72mg (33.59%), Phosphorus: 269.18mg (26.92%), Vitamin B2: 0.36mg (21%), Potassium: 567.31mg (16.21%), Manganese: 0.3mg (14.86%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.5mg (9.62%), Vitamin B5: 0.92mg (9.17%), Fiber: 2.1lg (8.44%), Copper: 0.11mg (5.59%), Iron: 0.97mg (5.4%), Vitamin C: 3.97mg (4.82%), Vitamin K: 3.71µg (3.54%), Vitamin D: 0.45µg (3.02%), Calcium: 29.6mg (2.96%), Folate: 7.56µg (1.89%), Vitamin E: 0.26mg (1.75%)