



Pork Roast with Apples



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



10

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 lb pork loin roast whole boneless trimmed of fat
- ☐ 2 fennel bulbs with fronds (12 oz. total), bulbs thinly sliced and fronds reserved
- ☐ 1 teaspoon poultry seasoning
- ☐ 10 servings salt and pepper
- ☐ 3 large sweet-tart apples such as gala, cored and cut into eighths

Equipment

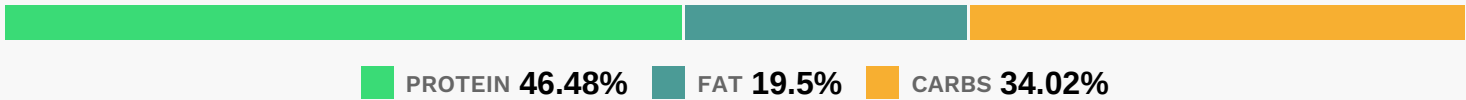
- ☐ sauce pan

- ☐ kitchen thermometer
- ☐ slow cooker

Directions

- ☐ In a slow cooker, mix poultry seasoning, 1 tsp. salt and 1/2 tsp. pepper.
- ☐ Add pork roast and rub with seasonings to coat. Toss apples and sliced fennel together and put around and underneath meat.
- ☐ Pour in cider. Cover and cook on low until meat is tender and a meat thermometer inserted in center of roast reaches 145F, 3 to 5 hours.
- ☐ Transfer pork, apples and fennel to a serving platter. Carefully pour sauce from slow cooker into a fat separator.
- ☐ Pour skimmed sauce into a small saucepan; discard fat. Bring sauce to a boil over high heat and boil until reduced by half, about 15 minutes. Slice meat, garnish with fennel fronds and serve, with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:11.77, Glycemic Load:4.39, Inflammation Score:-3, Nutrition Score:13.410434774731%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 6.15mg, Epicatechin: 6.15mg, Epicatechin: 6.15mg, Epicatechin: 6.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 180.51kcal (9.03%), Fat: 3.94g (6.06%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 12.32g (4.48%), Sugar: 11.07g (12.3%), Cholesterol: 57.15mg (19.05%), Sodium: 264.25mg (11.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.22%), Vitamin B6: 0.74mg (37.06%), Selenium: 25.5µg (36.42%), Vitamin K: 32.47µg (30.93%), Vitamin B1: 0.42mg (28.23%), Vitamin B3: 5.6mg (27.98%), Phosphorus: 236.87mg (23.69%), Potassium: 629.87mg (18%), Fiber: 3.13g (12.5%), Vitamin B2: 0.21mg (12.14%), Zinc: 1.76mg (11.77%), Vitamin C: 8.93mg (10.82%), Magnesium: 36.52mg (9.13%), Vitamin B5: 0.84mg (8.37%), Vitamin B12: 0.46µg (7.71%), Manganese: 0.15mg (7.54%), Iron: 1.01mg (5.62%), Copper: 0.11mg (5.31%), Folate: 14.92µg (3.73%), Calcium: 35.48mg (3.55%), Vitamin E: 0.51mg (3.43%), Vitamin D: 0.36µg (2.42%), Vitamin A: 104.34IU (2.09%)