



Pork Roast with Apples, Beer, and Sauerkraut



Gluten Free



Dairy Free



Very Healthy

READY IN



195 min.

SERVINGS



1

CALORIES



2535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large apples cored quartered
- ☐ 0.3 cup brown sugar
- ☐ 2 large onions quartered
- ☐ 3 pound pork loin roast
- ☐ 20 ounce sauerkraut drained canned

Equipment

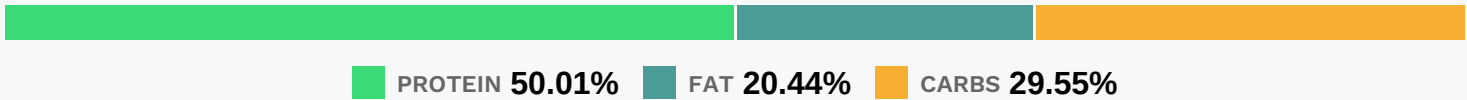
- ☐ frying pan
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C).
- ☐ Place pork roast into a large baking dish and scatter sauerkraut around the roast. Arrange apple and onion quarters around the roast.
- ☐ Sprinkle sauerkraut, apples, and onions with brown sugar.
- ☐ Pour beer over roast and sauerkraut mixture. Cover dish with aluminum foil and seal foil to the edges of the dish.
- ☐ Bake in the preheated oven until roast is tender and pan juices are reduced, 3 to 4 hours. If roast, vegetables, and apples seem dry, pour in 1 more can beer. To serve, gently toss sauerkraut with apple and onion quarters and serve with the roast.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:24.96, Inflammation Score:-10, Nutrition Score:77.909130283024%

Flavonoids

Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg, Cyanidin: 7mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.8mg, Catechin: 5.8mg, Catechin: 5.8mg, Catechin: 5.8mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 33.58mg, Epicatechin: 33.58mg, Epicatechin: 33.58mg, Epicatechin: 33.58mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg, Kaempferol: 2.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 78.84mg, Quercetin: 78.84mg, Quercetin: 78.84mg, Quercetin: 78.84mg

Nutrients (% of daily need)

Calories: 2534.54kcal (126.73%), Fat: 57.1g (87.85%), Saturated Fat: 17.43g (108.91%), Carbohydrates: 185.78g (61.93%), Net Carbohydrates: 153.53g (55.83%), Sugar: 140.33g (155.92%), Cholesterol: 857.29mg (285.76%), Sodium: 4451.58mg (193.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 314.39g (628.77%), Vitamin B6: 11.58mg (579.19%), Selenium: 382.72µg (546.74%), Vitamin B1: 6.36mg (424.08%), Vitamin B3: 79.82mg (399.11%), Phosphorus: 3314.14mg (331.41%), Potassium: 7065.94mg (201.88%), Zinc: 26.28mg (175.21%), Vitamin B2: 2.87mg (168.61%), Vitamin C: 126.06mg (152.8%), Fiber: 32.25g (128.99%), Magnesium: 486.41mg (121.6%), Vitamin B12: 6.94µg (115.67%), Vitamin B5: 11.4mg (114.03%), Iron: 17.37mg (96.49%), Vitamin K: 84.72µg (80.69%), Copper: 1.61mg (80.27%), Manganese: 1.54mg (77.07%), Folate: 207.19µg (51.8%), Calcium: 394.76mg (39.48%), Vitamin D: 5.44µg (36.29%), Vitamin E: 3.43mg (22.84%), Vitamin A: 348.9IU (6.98%)