

food
network



HEALTH SCORE

58%

Pork Roast with Caramelized Apple Salad with Maytag Blue and Spicy Orange Vinaigrette



Gluten Free

READY IN



165 min.

SERVINGS



4

CALORIES



1018 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ancho chile powder
- ☐ 1 bay leaf
- ☐ 6 peppercorns black
- ☐ 0.3 cup walnuts black
- ☐ 3 pound roasted boneless
- ☐ 2 tablespoons butter cold
- ☐ 1 carrots peeled coarsely chopped

- ☐ 1 celery stalk coarsely chopped
- ☐ 4 ounces maytag cheese blue crumbled
- ☐ 1 cup frisée
- ☐ 4 cloves garlic coarsely chopped
- ☐ 2 granny smith apples cored peeled quartered
- ☐ 1 tablespoon honey
- ☐ 1 jalapeno coarsely chopped
- ☐ 0.8 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 onion peeled coarsely chopped
- ☐ 1.5 cups spicy orange vinaigrette
- ☐ 2 cups orange juice
- ☐ 6 sprigs parsley
- ☐ 2 tablespoons onion red coarsely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings salt and pepper to taste
- ☐ 3 cups water
- ☐ 1 cup watercress
- ☐ 1 cup white wine

Equipment

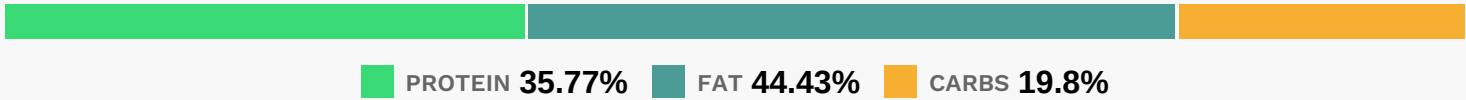
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ For the Roast: Preheat oven to 325 degrees F.
- ☐ Heat oil in a large Dutch oven over medium-high heat. Season the pork with salt and pepper and sear well on all sides.
- ☐ Drain off the fat, and add the remaining ingredients to the pot.
- ☐ Place in the oven and cook until the internal temperature of the meat registers 150 degrees F, about 2 hours.
- ☐ Remove the meat to a plate and remove the vegetables and herbs with a slotted spoon.
- ☐ Add more water if needed. Bring the cooking liquid to a boil and reduce by half.
- ☐ Whisk in the butter and season with salt and pepper to taste.
- ☐ Place orange juice in a small nonreactive pan over high heat and cook until reduced to 1/4 cup.
- ☐ Place reduced orange juice, vinegar, onion, jalapeno and ancho powder in a blender and blend until smooth. With the motor running, slowly add the olive oil until emulsified.
- ☐ Add the honey and salt and pepper to taste.
- ☐ Heat 3/4 cup of the Spicy Orange Vinaigrette in a medium saute pan over medium high heat.
- ☐ Add the apples, cut-side down and saute until golden brown, turn over and saute until just cooked through, 1 to 2 minutes.
- ☐ Place the watercress and frisee in a medium bowl and toss with a few tablespoons of the remaining Spicy Orange Vinaigrette, season with salt and pepper and divide among 4 plates. Arrange 2 apple quarters on each plate, garnish with walnuts and blue cheese and drizzle with some of the remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:140.4, Glycemic Load:16.8, Inflammation Score:-10, Nutrition Score:55.91608710911%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg, Epicatechin: 7.18mg 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: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 33.45mg, Hesperetin: 33.45mg, Hesperetin: 33.45mg, Hesperetin: 33.45mg Naringenin: 13.22mg, Naringenin: 13.22mg, Naringenin: 13.22mg, Naringenin: 13.22mg Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg, Apigenin: 3.4mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg, Kaempferol: 2.77mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin: 14.51mg, Quercetin: 14.51mg

Nutrients (% of daily need)

Calories: 1017.84kcal (50.89%), Fat: 48.27g (74.26%), Saturated Fat: 15.65g (97.8%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 41.33g (15.03%), Sugar: 33.86g (37.62%), Cholesterol: 250.63mg (83.54%), Sodium: 1190.41mg (51.76%), Alcohol: 6.18g (100%), Alcohol %: 0.75% (100%), Protein: 87.44g (174.89%), Vitamin B6: 3mg (150.04%), Selenium: 101.46µg (144.94%), Vitamin C: 119.39mg (144.72%), Vitamin B1: 1.76mg (117.54%), Vitamin B3: 21.3mg (106.52%), Vitamin A: 5141.77IU (102.84%), Phosphorus: 1007.67mg (100.77%), Vitamin K: 101.38µg (96.55%), Potassium: 2153.06mg (61.52%), Vitamin B2: 0.92mg (54.3%), Zinc: 7.7mg (51.32%), Magnesium: 159.96mg (39.99%), Vitamin B5: 3.96mg (39.62%), Manganese: 0.73mg (36.32%), Vitamin B12: 2.09µg (34.88%), Vitamin E: 4.71mg (31.37%), Fiber: 7.08g (28.33%), Calcium: 282.24mg (28.22%), Copper: 0.56mg (27.83%), Folate: 101.62µg (25.4%), Iron: 3.67mg (20.4%), Vitamin D: 1.5µg (10.02%)