



Pork with Apples, Bacon, and Sauerkraut



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



8

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 apples firm divided (such as Gala)
- ☐ 0.5 cup apricot preserves
- ☐ 2 bay leaves
- ☐ 12 oz porter beer
- ☐ 3 lb pork loin boneless
- ☐ 0.3 cup chicken broth
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped

- ☐ 2 garlic cloves thinly sliced
- ☐ 2 cups cabbage shredded green finely
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 small onions quartered (root end intact)
- ☐ 6 ounces pancetta thinly sliced
- ☐ 12 oz pearl onions frozen (2 cups)
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 cups sauerkraut jarred rinsed
- ☐ 8 servings kitchen string
- ☐ 3 thyme sprigs fresh

Equipment

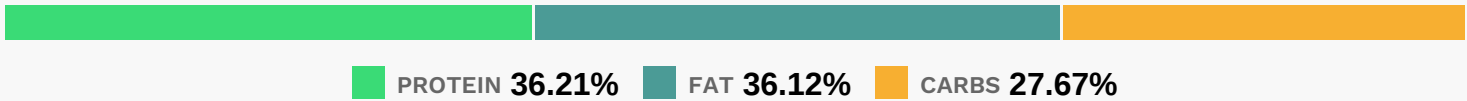
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ slow cooker
- ☐ kitchen twine

Directions

- ☐ Trim fat and silver skin from pork.
- ☐ Sprinkle pork with kosher salt and pepper. Wrap top and sides of pork with pancetta. Tie with kitchen string, securing at 1-inch intervals.
- ☐ Cook pork in hot oil in a large skillet over medium heat, turning occasionally, 15 minutes or until deep golden brown.
- ☐ Remove from skillet, reserving drippings in skillet.
- ☐ Place quartered onion and next 4 ingredients in a 6-qt. slow cooker; top with pork.

- ☐ Add beer to reserved drippings in skillet, and cook over medium heat 8 minutes or until liquid is reduced by half, stirring to loosen brown bits from bottom of skillet. Stir in mustard, and pour over pork. Cover and cook on HIGH 2 hours.
- ☐ Peel 2 apples, and cut into large wedges.
- ☐ Add apple wedges, sauerkraut, and cabbage to slow cooker; cover and cook 1 to 2 more hours or until a meat thermometer inserted into thickest portion of pork registers 150 and apples are tender.
- ☐ Cut remaining unpeeled apple into thin strips, and toss with parsley and lemon juice. Season with salt and pepper to taste.
- ☐ Combine preserves and broth in a small saucepan, and cook over medium heat, stirring often, 4 to 5 minutes or until melted and smooth.
- ☐ Brush pork with apricot mixture.
- ☐ Cut pork into slices, and serve with onion mixture, apple-parsley mixture, and additional Dijon mustard.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:28.98217383675%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

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Nutrients (% of daily need)

Calories: 490.8kcal (24.54%), Fat: 19.4g (29.85%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 27.5g (10%), Sugar: 19.16g (21.29%), Cholesterol: 121.34mg (40.45%), Sodium: 690.29mg (30.01%), Alcohol: 1.66g (100%), Alcohol %: 0.42% (100%), Protein: 43.77g (87.53%), Vitamin B6: 1.62mg (81.17%), Selenium: 54.26µg (77.51%), Vitamin B1: 0.93mg (61.85%), Vitamin B3: 11.54mg (57.68%), Vitamin K: 53.89µg (51.32%), Phosphorus: 483.65mg (48.37%), Vitamin C: 28.98mg (35.13%), Potassium: 1085.45mg (31.01%), Vitamin B2: 0.47mg (27.38%), Zinc: 3.74mg (24.93%), Fiber: 5.94g (23.76%), Magnesium: 83mg (20.75%), Manganese: 0.38mg (19.13%), Vitamin B5: 1.74mg (17.37%), Vitamin B12: 0.98µg (16.4%), Iron: 2.68mg (14.91%), Folate: 51.75µg (12.94%), Copper: 0.25mg (12.63%), Vitamin A: 544.36IU (10.89%), Vitamin E: 1.29mg (8.63%), Calcium: 77.27mg (7.73%), Vitamin D: 0.77µg (5.1%)