



Roast Loin of Pork with Baked Apples and Cider Gravy

READY IN



185 min.

SERVINGS



8

CALORIES



1076 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth
- 0.5 cup corn muffins crumbled for sprinkling on apples
- 0.3 cup brown sugar dark
- 1 cup cider hard
- 12 ounce cider hard
- 3 tablespoons flour all-purpose
- 2 garlic cloves minced
- 0.5 cup golden raisins

- 1 juice of lemon juiced
- 1 juice of lemon juiced
- 8 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon
- 1.5 cups olive oil extra-virgin
- 10 pound pork loin roasts (chine)
- 8 golden delicious apples
- 1 bunch sage chopped
- 6 sage leaves chopped
- 1 bunch thyme leaves chopped
- 0.3 cup butter unsalted at room temperature ()

Equipment

- frying pan
- oven
- knife
- whisk
- mixing bowl
- baking pan
- roasting pan
- wooden spoon
- stove
- cutting board
- apple corer

Directions

- Preheat the oven to 375 degrees F.
- Place the pork roast in a roasting pan with the ribs facing up, braced against each other.
- Add sage and thyme to olive oil.

- Brush the pork roasts with oil mixture and season with a generous amount of salt and pepper. Roast the pork loin for 2 1/2 hours, until the skin is crackled. (
- Put the apples in the oven along with the pork roast in the last half hour of cooking.)
- Remove the pork roast to a cutting board and let it rest for 15 minutes before carving.
- Pour out some of the excess fat from the roasting pan and put it on the stove over medium-high heat.
- Sprinkle the flour into the hot pan juices, stirring constantly with a wooden spoon or whisk to prevent lumps. Cook and stir the roux until its light brown.
- Add the cider and continue to stir to incorporate.
- Pour in the chicken broth; boil and stir for 5 minutes until the sauce is thick. Check for seasoning – add lemon juice if necessary.
- Serve the cider gravy with the pork roast and baked apples.
- To make the buttered apples: Core the apples with an apple corer, making a good size cavity to hold the stuffing. Douse the cut sides of the apples with some of the lemon juice to prevent them from browning while you make the stuffing. In a mixing bowl, combine the softened butter, muffin crumbs, raisins, sage, garlic, brown sugar, salt, and pepper. Spoon the stuffing into the cavities of the cored apples; stand them up, side by side, in a baking dish and sprinkle the tops with the reserved muffin crumbs.
- Pour the cider around the apples and bake for 30 to 35 minutes at 375 degrees F, until soft when pierced with a knife.
- Place the warm apples in the center of a round serving dish. Spoon the cider sauce around the apples and serve with the pork loin.

Nutrition Facts



Properties

Glycemic Index:40.77, Glycemic Load:13.17, Inflammation Score:-9, Nutrition Score:46.948695659637%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg

Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 1075.62kcal (53.78%), Fat: 37.56g (57.79%), Saturated Fat: 11.97g (74.84%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 41.31g (15.02%), Sugar: 33.69g (37.43%), Cholesterol: 373.04mg (124.35%), Sodium: 395.97mg (17.22%), Alcohol: 3.6g (100%), Alcohol %: 0.49% (100%), Protein: 128.78g (257.56%), Selenium: 158.48µg (226.41%), Vitamin B6: 4.42mg (220.9%), Copper: 4.37mg (218.61%), Vitamin B1: 2.59mg (172.59%), Vitamin B3: 33.27mg (166.35%), Phosphorus: 1322.84mg (132.28%), Potassium: 2445.67mg (69.88%), Zinc: 10.46mg (69.76%), Vitamin B2: 1.17mg (68.85%), Vitamin B12: 2.91µg (48.49%), Vitamin B5: 4.48mg (44.76%), Magnesium: 167.79mg (41.95%), Iron: 3.99mg (22.19%), Fiber: 5.27g (21.08%), Manganese: 0.35mg (17.45%), Vitamin C: 13.85mg (16.79%), Vitamin E: 2.44mg (16.3%), Vitamin D: 2.37µg (15.83%), Vitamin K: 9.92µg (9.45%), Calcium: 66.35mg (6.63%), Vitamin A: 326.39IU (6.53%), Folate: 15.51µg (3.88%)