



Roast Loin of Pork with Baked Apples and Cider Gravy

READY IN



195 min.

SERVINGS



8

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 0.5 cup corn muffin crumbled
- ☐ 0.3 cup brown sugar dark
- ☐ 1 cup cider hard
- ☐ 12 ounce cider hard
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 handful sage leaves fresh chopped
- ☐ 6 sage leaves fresh coarsely chopped

- ☐ 1 handful thyme leaves fresh chopped
- ☐ 8 gala apples
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup golden raisins
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings olive oil extra-virgin
- ☐ 5 pound pork loin roast with rib bones attached, back bone removed
- ☐ 0.3 cup butter unsalted at room temperature

Equipment

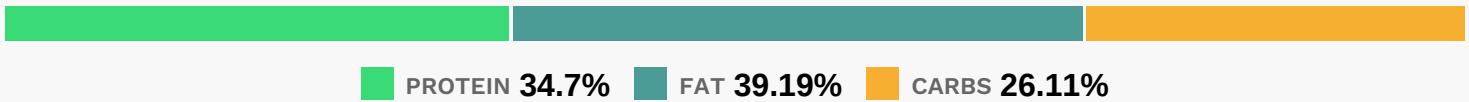
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ roasting pan
- ☐ wooden spoon
- ☐ stove
- ☐ cutting board
- ☐ apple corer

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the pork roast in a roasting pan with the ribs facing up. In a small bowl, mix the olive oil with the sage and thyme to flavor the oil.
- ☐ Brush the whole pork roast with the "herb bath" and season with a generous amount of salt and pepper. Roast the pork loin for 2 1/2 hours, until the meat 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; taste and check for salt and pepper.
- ☐ Serve the cider gravy with the pork roast and baked apples.
- ☐ To make the baked apples: Core the apples with an apple corer, making a good size cavity to hold the stuffing. In a mixing bowl, combine the softened butter, muffin crumbs, raisins, sage, garlic, 3 tablespoons of the brown sugar, salt, and pepper. Spoon the sweet and savory stuffing into the cavities of the cored apples; stand them up, side by side, in a baking dish and sprinkle the tops with the remaining 1 tablespoon of brown sugar.
- ☐ 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:33.83, Glycemic Load:11.64, Inflammation Score:-7, Nutrition Score:36.998695808908%

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 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.29mg,

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg 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: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 775.31kcal (38.77%), Fat: 32.84g (50.53%), Saturated Fat: 9.5g (59.36%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 43.72g (15.9%), Sugar: 34.81g (38.67%), Cholesterol: 194.62mg (64.87%), Sodium: 328.93mg (14.3%), Alcohol: 3.6g (100%), Alcohol %: 0.74% (100%), Protein: 65.44g (130.88%), Copper: 4.21mg (210.28%), Selenium: 80.1µg (114.43%), Vitamin B6: 2.27mg (113.47%), Vitamin B1: 1.35mg (90.13%), Vitamin B3: 17.04mg (85.22%), Phosphorus: 718.49mg (71.85%), Potassium: 1361.49mg (38.9%), Vitamin B2: 0.65mg (38.29%), Zinc: 5.33mg (35.56%), Vitamin B12: 1.47µg (24.53%), Vitamin B5: 2.31mg (23.12%), Magnesium: 92.33mg (23.08%), Fiber: 5.51g (22.02%), Vitamin E: 2.92mg (19.44%), Manganese: 0.33mg (16.34%), Iron: 2.56mg (14.21%), Vitamin K: 13.87µg (13.21%), Vitamin C: 9.1mg (11.04%), Vitamin D: 1.24µg (8.27%), Vitamin A: 292.83IU (5.86%), Calcium: 54.74mg (5.47%), Folate: 17.74µg (4.43%)