



Roast Pork Loin with Apples

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 2 tablespoons apple cider vinegar
- 2 apples such as cortland or rome peeled, cored and cut into 8 slices
- 2 carrots sliced
- 2 stalks celery sliced
- 3 sprigs rosemary fresh
- 3 sprigs thyme leaves fresh
- 3 cloves garlic smashed

- 4 servings kosher salt and pepper black freshly ground
- 1 medium onion sliced
- 2 pound center cut pork loin boneless trimmed
- 4 tablespoons butter unsalted cold
- 2 tablespoons vegetable oil
- 2 tablespoons grain mustard whole

Equipment

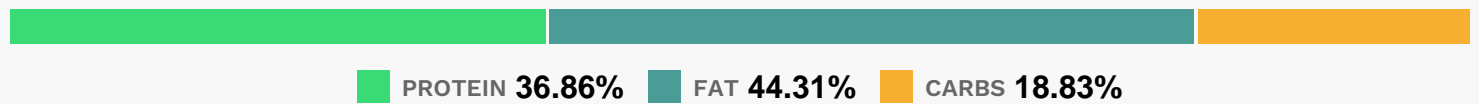
- frying pan
- oven
- whisk
- wooden spoon
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- In a large ovenproof skillet heat the vegetable oil over high heat. Season the pork loin all over generously with salt and pepper. Sear the meat until golden brown on all sides, about 2 to 3 minutes per side.
- Transfer the meat to a plate and set it aside.
- Add the onion, carrot, celery, garlic, herb sprigs, and 2 tablespoons of the butter to the skillet. Stir until the vegetables are browned, about 8 minutes. Stir in the sliced apples, then push the mixture to the sides and set the pork loin in the middle of the skillet along with any collected juices on the plate.
- Transfer the skillet to the oven and roast the loin until an instant-read thermometer inserted into the center of the meat registers 140 to 150 degrees F, about 30 to 35 minutes. (See Cook's Note.)

- Transfer the pork a cutting board and cover it loosely with foil while you make the sauce. Arrange the apples and vegetables on a serving platter and set aside.
- Remove and discard the herb sprigs. Return the skillet to a high heat and add the vinegar scraping the bottom with a wooden spoon to loosen up any browned bits. Reduce by half then add the cider and reduce by about half again. Pull the skillet from the heat and whisk in the mustard, and the remaining 2 tablespoons of cold butter. Adjust the seasoning with salt and pepper, to taste.
- Remove the strings from the roast and slice into 1/2-inch thick pieces and arrange over the apple mixture.
- Drizzle some sauce over meat and serve the rest on the side.
- Cook's Note: Pork cooked this way will be slightly pink. If desired, cook the pork to 160 degrees F, but be aware that this lean cut will not be as moist at the higher temperature.

Nutrition Facts



Properties

Glycemic Index:89.4, Glycemic Load:7.92, Inflammation Score:-10, Nutrition Score:33.181303936502%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg 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 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg, Quercetin: 9.76mg

Nutrients (% of daily need)

Calories: 571.24kcal (28.56%), Fat: 28.01g (43.1%), Saturated Fat: 11.16g (69.72%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 22.34g (8.12%), Sugar: 18.19g (20.21%), Cholesterol: 172.98mg (57.66%), Sodium: 237.45mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.43g (104.87%), Vitamin A: 5629.17IU (112.58%),

Selenium: 66.15µg (94.5%), Vitamin B6: 1.89mg (94.34%), Vitamin B1: 1.09mg (72.63%), Vitamin B3: 13.63mg (68.15%), Phosphorus: 564.39mg (56.44%), Potassium: 1230.43mg (35.16%), Vitamin B2: 0.51mg (30.02%), Zinc: 4.38mg (29.21%), Vitamin K: 25.8µg (24.57%), Magnesium: 81.33mg (20.33%), Vitamin B5: 2mg (19.97%), Vitamin B12: 1.18µg (19.67%), Fiber: 4.45g (17.82%), Manganese: 0.31mg (15.28%), Vitamin C: 11.12mg (13.48%), Vitamin E: 1.64mg (10.9%), Copper: 0.22mg (10.77%), Iron: 1.92mg (10.65%), Vitamin D: 1.12µg (7.45%), Calcium: 62.31mg (6.23%), Folate: 22.4µg (5.6%)