



Roast Pork with Sage and Pecan Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 qts apple cider
- 4 lb pork loin roast boneless
- 0.5 cup flat-leaf parsley fresh packed
- 0.5 cup sage fresh divided chopped
- 0.3 cup sage leaves fresh packed
- 1 clove garlic chopped
- 0.3 cup kosher salt
- 1 teaspoon juice of lemon

- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 cup pecans toasted chopped
- 1 teaspoon pepper
- 8 servings garnish: sage fresh
- 0.3 teaspoon salt

Equipment

- food processor
- frying pan
- paper towels

Directions

- Combine cider, salt and 1/2 cup sage, stirring until salt dissolves.
- Place pork in plastic zipping bag; add cider mixture. Seal bag; chill 12 to 24 hours.
- Remove pork from brine and pat dry with paper towels.
- Sprinkle pork with pepper.
- Heat oil in a large skillet over medium-high heat; add pork.
- Combine all ingredients in a food processor; process until ingredients are finely chopped.
Makes 3/4 cup.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:10.83, Inflammation Score:-6, Nutrition Score:34.506086727847%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 11.2mg, Epicatechin: 11.2mg, Epicatechin: 11.2mg, Epicatechin: 11.2mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg 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: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 563.54kcal (28.18%), Fat: 25.65g (39.46%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 27.43g (9.98%), Sugar: 23.09g (25.65%), Cholesterol: 145.6mg (48.53%), Sodium: 3787.11mg (164.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.78g (105.56%), Copper: 4.07mg (203.44%), Selenium: 64.49µg (92.13%), Vitamin B6: 1.78mg (89.04%), Vitamin B1: 1.11mg (73.89%), Vitamin B3: 13.34mg (66.7%), Vitamin K: 68.38µg (65.12%), Phosphorus: 569.19mg (56.92%), Manganese: 0.68mg (33.94%), Potassium: 1153.31mg (32.95%), Zinc: 4.65mg (31.03%), Vitamin B2: 0.49mg (28.83%), Magnesium: 84.8mg (21.2%), Vitamin B12: 1.2µg (19.98%), Vitamin B5: 1.9mg (18.96%), Vitamin E: 1.94mg (12.92%), Iron: 2.19mg (12.15%), Vitamin C: 7.55mg (9.15%), Calcium: 80.24mg (8.02%), Vitamin A: 350.55IU (7.01%), Vitamin D: 0.92µg (6.15%), Fiber: 1.41g (5.66%), Folate: 7.57µg (1.89%)