



## Roast Pork with Sage and Pecan Pesto

 **Gluten Free**  **Dairy Free**

READY IN



106 min.

SERVINGS



8

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 64 oz apple cider
- 4 lb pork loin roast boneless
- 0.5 cup sage fresh divided chopped
- 0.3 cup kosher salt
- 2 tablespoons olive oil
- 1 teaspoon pepper freshly ground
- 8 servings sage and pecan pesto
- 8 servings garnishes: sage fresh

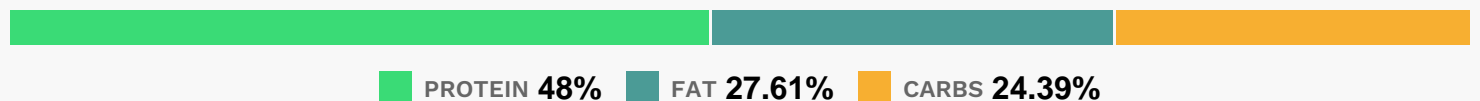
## Equipment

- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer

## Directions

- Combine cider, salt, and 1/2 cup chopped sage, stirring until salt dissolves.
- Place pork in an extra-large zip-top plastic freezer 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. Cook 6 minutes or until browned on all sides, turning pork occasionally.
- Place pork on a rack in a lightly greased roasting pan.
- Sprinkle remaining 3 Tbsp. sage over pork.
- Bake, uncovered, at 350 for 1 hour to 1 hour and 25 minutes or until a meat thermometer inserted into thickest part of roast registers 15
- Remove from oven; cover and let rest 10 minutes or until thermometer reaches 160 before slicing.
- Garnish platter, if desired.
- Serve with Sage and Pecan Pesto.

## Nutrition Facts



## Properties

Glycemic Index:9.09, Glycemic Load:10.29, Inflammation Score:-3, Nutrition Score:28.517391145958%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg, Epicatechin: 10.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 436.56kcal (21.83%), Fat: 13.06g (20.09%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 25.36g (9.22%), Sugar: 21.82g (24.24%), Cholesterol: 142.88mg (47.63%), Sodium: 3657.03mg (159%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.07g (102.14%), Copper: 2.87mg (143.54%), Selenium: 63.07µg (90.1%), Vitamin B6: 1.75mg (87.69%), Vitamin B1: 1.06mg (70.35%), Vitamin B3: 13.2mg (65.99%), Phosphorus: 526.89mg (52.69%), Potassium: 1085.18mg (31.01%), Zinc: 4.16mg (27.71%), Vitamin B2: 0.46mg (27.31%), Vitamin B12: 1.16µg (19.28%), Magnesium: 72.34mg (18.09%), Vitamin B5: 1.8mg (18.04%), Manganese: 0.31mg (15.68%), Iron: 1.67mg (9.28%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.82mg (5.49%), Calcium: 38.67mg (3.87%), Vitamin C: 2.04mg (2.47%), Vitamin K: 2.52µg (2.4%), Fiber: 0.58g (2.32%)