



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 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
- ☐ 8 servings sage fresh

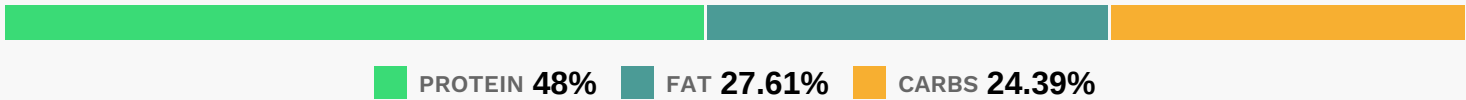
Equipment

- ☐ 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: Og (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%)