



food
network

Roasted Pork Loin with Apple and Caraway Stuffing

READY IN



165 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 1 cup bread crumbs fresh
- 2 tablespoons butter
- 1 tablespoon caraway seeds
- 0.5 cup golden raisins
- 2 granny smith apples cored peeled chopped
- 2 tablespoons onion chopped
- 1 orange zest

- 4 pound boned pork loin
- 8 servings salt and pepper
- 1 cup cup heavy whipping cream sour
- 2 ounces white wine

Equipment

- frying pan
- oven
- knife
- whisk
- roasting pan

Directions

- Melt the butter over low heat and cook onions until translucent, and then remove the onions from heat. Fold in the bread crumbs, apples, raisins, orange zest, and caraway, and season with salt and pepper.
- Preheat oven to 400 degrees F.
- Cut a pocket into the pork loin between the meat and outer layer of fat, the pocket should be shy of reaching each end of the loin by one inch. Fill the pocket with the stuffing.
- Roll loin up lengthways closing the stuffed pocket and tie with a string. Score the rind of pork with a sharp knife.
- Whisk together cider and sour cream and place in a casserole equal to the size of the pork.
- Place pork in casserole rind side down and bake for 30 minutes.
- After 30 minutes turn pork over and cook, rind side up, for another 30 minutes.
- Reduce heat to 350 degrees F and cook for another hour (baste every 20 minutes with the pan juices) or until you reach a internal temperature of 150 degrees F.
- Let rest for 20 minutes. Deglaze the roasting pan with 2 ounces white wine and season. Slice the meat and serve with the jus.

Nutrition Facts



■ PROTEIN 43.22% ■ FAT 33.53% ■ CARBS 23.25%

Properties

Glycemic Index:27.68, Glycemic Load:6.95, Inflammation Score:-5, Nutrition Score:27.478695444439%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg, Epicatechin: 4.85mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 510.08kcal (25.5%), Fat: 18.61g (28.63%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 29.04g (9.68%), Net Carbohydrates: 26.43g (9.61%), Sugar: 14.93g (16.59%), Cholesterol: 167.37mg (55.79%), Sodium: 438.51mg (19.07%), Alcohol: 0.73g (100%), Alcohol %: 0.25% (100%), Protein: 53.97g (107.94%), Selenium: 67.54µg (96.49%), Vitamin B6: 1.81mg (90.28%), Vitamin B1: 1.16mg (77.47%), Vitamin B3: 14.17mg (70.85%), Phosphorus: 579.32mg (57.93%), Vitamin B2: 0.57mg (33.42%), Potassium: 1079.58mg (30.85%), Zinc: 4.49mg (29.92%), Vitamin B12: 1.27µg (21.17%), Magnesium: 77.87mg (19.47%), Vitamin B5: 1.93mg (19.33%), Iron: 2.31mg (12.83%), Manganese: 0.23mg (11.53%), Copper: 0.23mg (11.47%), Fiber: 2.61g (10.43%), Calcium: 84.73mg (8.47%), Vitamin C: 5.29mg (6.41%), Vitamin D: 0.91µg (6.05%), Vitamin A: 300.52IU (6.01%), Folate: 18.98µg (4.75%), Vitamin E: 0.61mg (4.1%), Vitamin K: 2.92µg (2.78%)