



Roasted Pork Loin with Calvados Cream Sauce

READY IN



240 min.

SERVINGS



6

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple juice
- 6 servings pepper black freshly ground
- 4 pound pork loin boneless
- 1 cup calvados
- 1.5 pounds cipollini onions
- 2 tablespoons t brown sugar dark packed
- 3 tablespoons flour all-purpose
- 1 teaspoon thyme sprigs fresh finely chopped

- 0.3 cup cup heavy whipping cream
- 0.5 teaspoon kosher salt as needed plus more
- 2 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 12 ounces pancetta
- 6 servings butter unsalted as needed

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- roasting pan
- kitchen thermometer

Directions

- Heat the oven to 450°F and arrange a rack in the middle. Meanwhile, remove the pork from the refrigerator and let it sit at room temperature while the oven heats.
- Place the pork fat-side up in the middle of a roasting pan and roast for 30 minutes. Meanwhile, peel the onions and place them in a large bowl.
- Cut the pancetta into large dice and add it to the bowl.
- Add the sugar and thyme, season with pepper, and toss with your hands to combine; set aside. Reduce the oven temperature to 350°F, scatter the onion-pancetta mixture around the pork in an even layer, and roast for 20 minutes. Stir the onion-pancetta mixture and continue to roast until the onions are knife tender and an instant-read thermometer inserted into the center of the pork registers 145°F, about 10 to 20 minutes more. (Pork loins will vary in size and thickness. If you have a thinner loin, check the temperature sooner. If your pork loin is ready before your onions, just remove it to a large plate to rest and continue cooking the

onions until they're done.)

- Place a fine-mesh strainer over a medium saucepan; set aside.
- Drain all but 3 tablespoons of drippings from the roasting pan. If you don't have enough drippings, add butter as needed.
- Place the pan across two burners over medium heat until the butter is melted, if using.
- Sprinkle in the flour and scrape up any browned bits from the bottom of the pan. Cook, stirring constantly, until the raw taste of the flour is cooked out, about 2 to 3 minutes. Increase the heat to medium high.
- Whisk in the cider or juice and Calvados and cook, whisking occasionally, until the sauce simmers and thickens, about 5 to 6 minutes.
- Whisk in the broth or stock and measured salt and bring to a boil. Cook, stirring occasionally, until reduced to about 2 1/4 cups, about 5 minutes.
- Pour the mixture through the strainer into the saucepan. Discard the contents of the strainer.
- Place the saucepan over medium heat, whisk in the cream and any accumulated juices on the plate from the rested pork, and bring to a simmer. Taste and season with salt and pepper as needed.
- Transfer to a serving bowl.
- Cut the pork crosswise into 1/2-inch-thick slices.
- Serve with the onion-pancetta mixture and sauce.

Nutrition Facts

 **PROTEIN 38.31%**  **FAT 49.91%**  **CARBS 11.78%**

Properties

Glycemic Index:39.13, Glycemic Load:6.31, Inflammation Score:-8, Nutrition Score:34.916086932887%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.26mg, Quercetin:

23.26mg, Quercetin: 23.26mg, Quercetin: 23.26mg

Nutrients (% of daily need)

Calories: 924.59kcal (46.23%), Fat: 45.43g (69.9%), Saturated Fat: 16.69g (104.31%), Carbohydrates: 24.15g (8.05%), Net Carbohydrates: 21.96g (7.99%), Sugar: 13.07g (14.52%), Cholesterol: 249.89mg (83.3%), Sodium: 752.02mg (32.7%), Alcohol: 13.36g (100%), Alcohol %: 2.57% (100%), Protein: 78.47g (156.94%), Selenium: 97.44µg (139.2%), Vitamin B6: 2.59mg (129.7%), Vitamin B1: 1.59mg (106.09%), Vitamin B3: 21.14mg (105.7%), Phosphorus: 834.69mg (83.47%), Potassium: 1542.36mg (44.07%), Zinc: 6.47mg (43.14%), Vitamin B2: 0.71mg (42.05%), Vitamin B12: 1.93µg (32.15%), Vitamin B5: 2.78mg (27.83%), Magnesium: 102.31mg (25.58%), Copper: 0.31mg (15.47%), Iron: 2.63mg (14.61%), Manganese: 0.26mg (12.94%), Vitamin C: 9.36mg (11.34%), Vitamin D: 1.67µg (11.13%), Fiber: 2.18g (8.73%), Vitamin E: 1.21mg (8.07%), Folate: 29.16µg (7.29%), Calcium: 64.05mg (6.41%), Vitamin A: 310.77IU (6.22%), Vitamin K: 2.7µg (2.57%)