



WHATSheATE



HEALTH SCORE

93%

Rosemary-Garlic Pork With Roasted Vegetables & Caramelized Apples



Gluten Free



Dairy Free



Very Healthy

READY IN



144 min.

SERVINGS



6

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup apple cider vinegar



6 servings caramelized apples



4 lb pork loin roast boneless



1 pound carrots peeled cut into 2-inch pieces



2 tablespoons dijon mustard



3 tablespoons rosemary leaves fresh divided



6 large garlic bulbs

- ☐ 4 garlic cloves coarsely chopped
- ☐ 0.3 cup olive oil divided
- ☐ 1 pound parsnips peeled cut into 2-inch pieces
- ☐ 1.5 teaspoons pepper divided freshly ground
- ☐ 3 teaspoons salt divided
- ☐ 6 servings kitchen string
- ☐ 2 medium size onions sweet quartered

Equipment

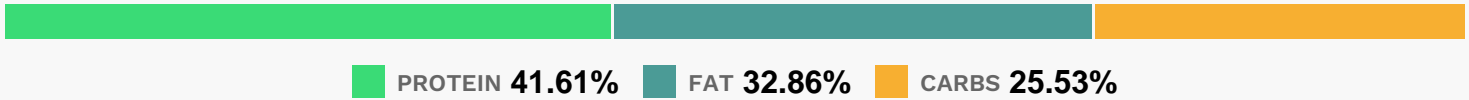
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 3 ingredients in a large bowl; sprinkle with 1 tsp. salt and 1/2 tsp. pepper.
- ☐ Saut vegetables in 3 Tbsp. hot oil in a 7 1/2-qt. roasting pan over medium-high heat 8 minutes or until caramelized.
- ☐ Remove from heat, and stir in 1 Tbsp. rosemary.
- ☐ Tie pork with kitchen string, securing at 1-inch intervals.
- ☐ Sprinkle pork with remaining 2 tsp. salt and 1 tsp. pepper, and place on top of vegetables in pan. Stir together mustard, chopped garlic, 2 Tbsp. olive oil, and remaining 2 Tbsp. rosemary; spread over pork.
- ☐ Cut off pointed ends of garlic bulbs.
- ☐ Drizzle with remaining 1 tsp. oil. Arrange garlic bulbs, cut sides down, around pork in pan.
- ☐ Bake at 425 for 1 hour and 10 minutes or until a meat thermometer inserted into thickest portion of pork registers 16

- ☐ Let stand 10 minutes.
- ☐ Transfer pork and vegetables to a serving platter, reserving drippings in pan.
- ☐ Add apple cider vinegar to pan, and bring to a boil over medium-high heat; reduce heat to medium, and simmer, stirring often, 3 minutes or until thickened.
- ☐ Pour over vegetables. Slice pork, and serve with roasted vegetables, garlic bulbs, and Caramelized Apples.

Nutrition Facts



Properties

Glycemic Index:56.81, Glycemic Load:11.49, Inflammation Score:-10, Nutrition Score:49.03521732662%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 21.02mg, Quercetin: 21.02mg, Quercetin: 21.02mg, Quercetin: 21.02mg

Nutrients (% of daily need)

Calories: 692.95kcal (34.65%), Fat: 25.27g (38.88%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 33.78g (12.29%), Sugar: 21.21g (23.56%), Cholesterol: 190.51mg (63.5%), Sodium: 1440.34mg (62.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.98g (143.97%), Vitamin A: 13079.85IU (261.6%), Vitamin B6: 2.77mg (138.62%), Selenium: 88.53µg (126.47%), Vitamin B1: 1.58mg (105.26%), Vitamin B3: 19.33mg (96.65%), Phosphorus: 833.38mg (83.34%), Potassium: 2019.09mg (57.69%), Vitamin K: 60.55µg (57.66%), Manganese: 0.98mg (49.14%), Vitamin B2: 0.75mg (44.34%), Zinc: 6.48mg (43.22%), Fiber: 10.39g (41.55%), Vitamin C: 33.99mg (41.2%), Magnesium: 142.37mg (35.59%), Vitamin B5: 3.24mg (32.43%), Folate: 112.09µg (28.02%), Vitamin E: 4.13mg (27.56%), Vitamin B12: 1.54µg (25.7%), Copper: 0.45mg (22.34%), Iron: 3.61mg (20.06%), Calcium: 132.57mg (13.26%), Vitamin D: 1.21µg (8.06%)