



Wild Boar in the Style of the Eastern Side: Cinghiale di Calitri



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rome apple peeled cut into slices
- ☐ 2 pound pork loin roast boneless
- ☐ 2 medium carrots cut into 1/ medallions
- ☐ 2 cups cooking wine dry white
- ☐ 12 cloves garlic
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 bunch parsley italian chopped

- ☐ 2 medium onions red cut into 1-inch slices
- ☐ 1 cup red wine
- ☐ 1 bunch rosemary
- ☐ 6 servings salt and pepper

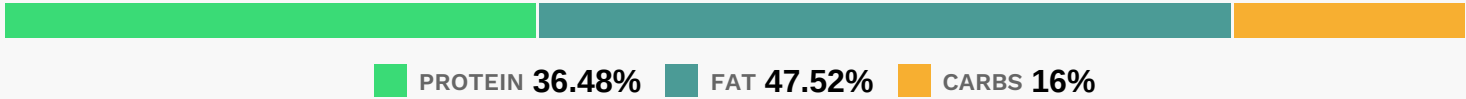
Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ dutch oven
- ☐ kitchen twine

Directions

- ☐ At regular intervals, make 12 (1-inch deep) incisions into the pork loin, and stuff 1 garlic clove into each incision.
- ☐ Lay the rosemary branches across the loin and tie it tightly with butcher's twine, securing rosemary inside the twine.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a Dutch oven, heat the oil until just smoking. Season the meat with salt and pepper, brown it on all sides in the oil, remove and set aside. To the Dutch oven, add the onions, carrots, and apple and cook until light golden brown, about 8 to 10 minutes.
- ☐ Add the wine, bring it to a boil, and return the loin to the pan.
- ☐ Place the Dutch oven in the oven and cook 45 minutes, until the meat is fork-tender.
- ☐ Remove from the oven, remove loin and return Dutch oven to stove top to cook for 10 to 15 minutes more, until sauce is reduced.
- ☐ Garnish with the parsley, untie the loin and carve into slices to serve.

Nutrition Facts



Properties

Glycemic Index:44.64, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:29.073912744937%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.58mg, Malvidin: 5.58mg, Malvidin: 5.58mg, Malvidin: 5.58mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg, Catechin: 3.87mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg, Apigenin: 20.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg, Isorhamnetin: 1.85mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg, Myricetin: 1.7mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 475.18kcal (23.76%), Fat: 20.43g (31.43%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 12.98g (4.72%), Sugar: 6.83g (7.59%), Cholesterol: 95.25mg (31.75%), Sodium: 296.06mg (12.87%), Alcohol: 12.48g (100%), Alcohol %: 4.07% (100%), Protein: 35.29g (70.58%), Vitamin K: 168.31µg (160.29%), Vitamin A: 4226.05IU (84.52%), Vitamin B6: 1.38mg (68.88%), Selenium: 43.12µg (61.6%), Vitamin B1: 0.73mg (48.88%), Vitamin B3: 9.3mg (46.51%), Phosphorus: 399.8mg (39.98%), Potassium: 904.19mg (25.83%), Vitamin C: 20.02mg (24.27%), Zinc: 3.18mg (21.2%), Vitamin B2: 0.35mg (20.83%), Manganese: 0.37mg (18.31%), Magnesium: 66.72mg (16.68%), Vitamin E: 2.48mg (16.56%), Vitamin B5: 1.37mg (13.67%), Vitamin B12: 0.77µg (12.85%), Iron: 2.26mg (12.55%), Fiber: 2.5g (10.01%), Copper: 0.16mg (8.05%), Folate: 28.58µg (7.15%), Calcium: 63.42mg (6.34%), Vitamin D: 0.6µg (4.03%)