

Flanders Pork and Apples

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

*2 pounds pork shoulder or loin, sliced
1/2-inch thick
12 small white onions
2 tablespoons flour
1/2 cup dry white wine
1/2 cup chicken broth
salt (to taste)
pepper (to taste)
1 teaspoon dried oregano and
rosemary, mixed
1 teaspoon parsley, minced
1 pound tart cooking apples, peeled
and quartered*

Preheat the oven to 300 degrees.

Trim the fat off of the pork slices. Cook at high heat in a heavy skillet. Skim out the brown particles and discard. Sauté the pork and onions in the remaining fat. Remove to a medium casserole.

Drain the fat from the skillet. Replace two tablespoons of the fat into the skillet. Stir in the flour. Slowly add the wine and broth, stirring until the sauce is smooth and thick.

Season the sauce to taste with salt and pepper. Add the oregano, rosemary and parsley. Pour over the casserole. Cover tightly. (If your casserole lid does not fit tightly, cover the casserole first with heavy brown paper and then put on the lid.)

Bake for two hours. When the casserole has baked for one and one-half hours, stir in the apples. Cover again and finish baking.

Per Serving (excluding unknown items): 110 Calories; trace Fat (4.2% calories from fat); 3g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable.

Pork

Calories (kcal): 110
% Calories from Fat: 4.2%
% Calories from Carbohydrates: 83.1%
% Calories from Protein: 12.7%
Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 21g
Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 71mg
Potassium (mg): 382mg
Calcium (mg): 47mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 14mg
Vitamin A (i.u.): 11IU
Vitamin A (r.e.): 1RE

Vitamin B6 (mg): .2mg
Vitamin B12 (mcg): trace
Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .1mg
Folacin (mcg): 43mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 13
% Refined: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 110 **Calories from Fat:** 5

% Daily Values*

Total Fat	trace		1%
Saturated Fat	trace		0%
Cholesterol	0mg		0%
Sodium	71mg		3%
Total Carbohydrates	21g		7%
Dietary Fiber	4g		16%
Protein	3g		
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Vitamin A			0%
Vitamin C			24%
Calcium			5%
Iron			4%

** Percent Daily Values are based on a 2000 calorie diet.*