



Apple and Spice Pork Roast

 Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple sauce
- 4 pound roasted boneless
- 0.3 cup brown sugar packed
- 1 tablespoon flour
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground cloves
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon salt

- 0.3 teaspoon sugar
- 2 teaspoons vinegar
- 1 teaspoon mustard yellow

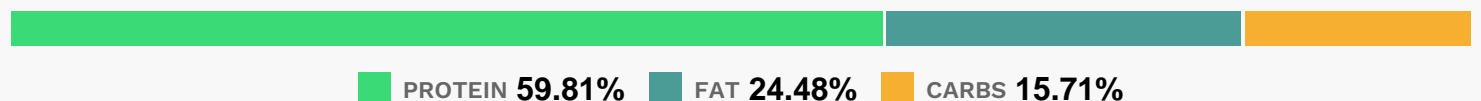
Equipment

- bowl
- sauce pan
- oven
- roasting pan
- aluminum foil

Directions

- Heat oven to 350 degrees F. Stir together applesauce, brown sugar, vinegar, mustard and cloves in small bowl; refrigerate half of the applesauce mixture and set aside remaining applesauce mixture.
- Combine flour, salt, sugar, garlic powder and pepper in another small bowl.
- Rub flour mixture evenly over entire surface of pork.
- Place pork on rack in shallow roasting pan. Roast, uncovered, until internal temperature is 140 degrees F. Spoon reserved applesauce mixture over roast. Roast until the internal temperature is 145 degrees F (63 degrees C), 1 to 1 1/2 hours total cooking time (about 18-20 minutes per pound).
- Transfer roast to serving platter; cover with foil and let stand for 15 minutes before slicing.
- Heat chilled applesauce mixture in small saucepan until boiling; boil for 1 minute. Spoon heated applesauce mixture over pork slices.

Nutrition Facts



Properties

Glycemic Index:22.01, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:15.208260920385%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 234.56kcal (11.73%), Fat: 6.18g (9.51%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.65g (3.15%), Sugar: 7.93g (8.81%), Cholesterol: 95.25mg (31.75%), Sodium: 177.79mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.97%), Selenium: 42.38µg (60.55%), Vitamin B6: 1.15mg (57.54%), Vitamin B1: 0.68mg (45.4%), Vitamin B3: 8.75mg (43.75%), Phosphorus: 342.8mg (34.28%), Zinc: 2.74mg (18.26%), Vitamin B2: 0.29mg (17.2%), Potassium: 590.85mg (16.88%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.15mg (11.47%), Magnesium: 40.93mg (10.23%), Iron: 0.95mg (5.28%), Copper: 0.1mg (4.9%), Vitamin D: 0.6µg (4.03%), Manganese: 0.04mg (2.09%), Vitamin E: 0.23mg (1.55%), Calcium: 14.16mg (1.42%), Fiber: 0.27g (1.09%)