

# Autumn Pork Roast

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



95 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup apple sauce
- 2.5 pounds pork loin boneless
- 0.5 cup brown sugar
- 2 cups butternut squash cubed
- 1 tablespoon dijon mustard
- 0.5 cup cooking wine dry white
- 1 teaspoon garlic powder
- 0.5 teaspoon ground cinnamon

- 2 tablespoons olive oil
- 1 large onion sliced
- 6 servings salt and pepper to taste
- 1 tablespoon soya sauce

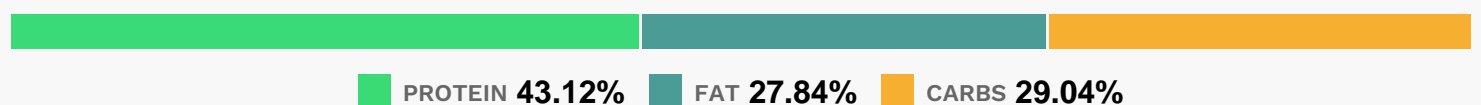
## Equipment

- frying pan
- oven
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Season the pork loin with garlic powder, salt, and pepper.
- Heat olive oil in a large oven-proof skillet or Dutch oven over medium-high heat. Brown the pork loin on all sides in the hot oil, about 10 minutes total.
- Remove the pork loin from the pan, and set aside.
- Pour in the white wine, and bring to a simmer, stirring to dissolve the caramelized bits in the pan.
- Scatter the butternut squash and onion in the skillet and place the browned pork loin on top so they work as a roasting rack. Stir together the applesauce, mustard, soy sauce, sugar, and cinnamon.
- Pour over the pork loin, then cover the pan with a lid or a double layer of aluminum foil.
- Bake pork loin in preheated oven until it has reached an internal temperature of 145 degrees F (63 degrees C), about 1 hour. Allow to rest for 10 minutes before serving

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:27.361304511195%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

## Nutrients (% of daily need)

Calories: 421.73kcal (21.09%), Fat: 12.53g (19.27%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 27.54g (10.02%), Sugar: 22.07g (24.53%), Cholesterol: 119.07mg (39.69%), Sodium: 491.3mg (21.36%), Alcohol: 2.06g (100%), Alcohol %: 0.79% (100%), Protein: 43.64g (87.28%), Vitamin A: 4969.33IU (99.39%), Vitamin B6: 1.57mg (78.4%), Selenium: 54.01µg (77.16%), Vitamin B1: 0.91mg (60.69%), Vitamin B3: 11.64mg (58.22%), Phosphorus: 462.02mg (46.2%), Potassium: 978.12mg (27.95%), Zinc: 3.6mg (23.98%), Vitamin B2: 0.39mg (22.68%), Magnesium: 74.66mg (18.66%), Vitamin B5: 1.69mg (16.9%), Vitamin B12: 0.96µg (16.06%), Vitamin C: 11.88mg (14.39%), Manganese: 0.24mg (11.99%), Vitamin E: 1.64mg (10.95%), Iron: 1.81mg (10.07%), Copper: 0.18mg (8.86%), Fiber: 1.85g (7.39%), Calcium: 59.84mg (5.98%), Vitamin D: 0.76µg (5.04%), Folate: 19.3µg (4.83%), Vitamin K: 3.7µg (3.52%)