



Barbecue Roast Pork With Fruity Sweet and Sour Sauce

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1078 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 large apples diced
- 500 g baby potatoes boiled halved
- 1 pinch chili powder (if required, optional) (if required)
- 1 tablespoon cornstarch
- 0.3 teaspoon five spice powder chinese
- 1 garlic clove crushed
- 1 pinch pepper black

- 1.5 tablespoons brown sugar light
- 0.5 onion chopped
- 2 slices pineapple diced
- 1 kg joint pork
- 1 teaspoon canola oil (flavourless)
- 1 teaspoon runny honey
- 4 servings salt and pepper
- 1 teaspoon sesame oil
- 2 tablespoons soya sauce dark
- 2 spring onion chopped
- 0.8 cup sugar
- 2 large mandarin orange segments
- 0.5 cup catsup
- 1 tablespoon tomato purée
- 1 teaspoon vinegar
- 1 tablespoon water
- 2.5 cups water
- 0.3 cup citrus champagne vinegar (distilled is ok)

Equipment

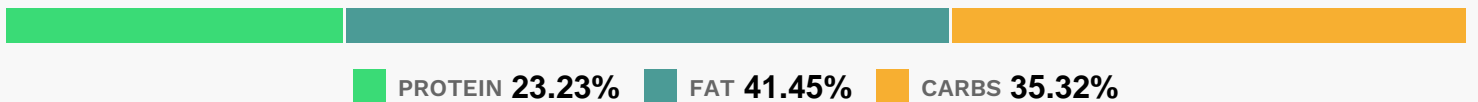
- frying pan
- oven

Directions

- Preheat oven to 190C.
- Mix Marinade ingredients together. Tomato puree, soy sauce, 1 tsp vinegar, honey, brown sugar, 5 spice, garlic, chilli and seasoning, coat the joint and marinate for an hour. Baste Pork and Roast for 1 3/4 hrs, basting occasionally. Saut the onions and garlic in both oils until softened.

- Add the fruit, 2 1/2 cups water, sugar, vinegar, ketchup and seasoning. Simmer for 10 minutes.
- Mix cornflour and tbsp water to runny mixture.
- Pour cornflour mixture into sauce, stirring until thickened. Simmer for another 5 minutes. Keep warm. When meat is ready take out and rest on a plate.
- Pour meat juices into a pan, warm and add cooked potatoes, coat and heat. Slice meat adding any juices to the potatoes.
- Serve with mixed vegetables eg carrots, broccoli and red cabbage for colour variety.

Nutrition Facts



Properties

Glycemic Index: 132.45, Glycemic Load: 50.23, Inflammation Score: -8, Nutrition Score: 41.226087072621%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.76mg, Hesperetin: 4.76mg, Hesperetin: 4.76mg, Hesperetin: 4.76mg Naringenin: 6.01mg, Naringenin: 6.01mg, Naringenin: 6.01mg, Naringenin: 6.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 1077.94kcal (53.9%), Fat: 49.79g (76.6%), Saturated Fat: 17.73g (110.78%), Carbohydrates: 95.45g (31.82%), Net Carbohydrates: 89.64g (32.6%), Sugar: 65.07g (72.3%), Cholesterol: 215mg (71.67%), Sodium: 1159.43mg (50.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.79g (125.58%), Selenium: 87.12µg (124.46%), Vitamin B1: 1.79mg (119.29%), Vitamin C: 67.92mg (82.33%), Zinc: 10.57mg (70.47%), Vitamin B3: 12.84mg (64.22%), Vitamin B2: 1.05mg (62.04%), Phosphorus: 613.6mg (61.36%), Vitamin B6: 1.15mg (57.67%), Potassium: 1710.06mg (48.86%), Manganese: 0.79mg (39.46%), Vitamin B12: 2.2µg (36.67%), Iron: 5.6mg (31.12%), Copper: 0.6mg (29.79%), Magnesium: 101.7mg (25.43%), Vitamin B5: 2.37mg (23.7%), Fiber: 5.8g (23.21%), Vitamin D: 3.25µg (21.67%), Vitamin K: 17.72µg (16.88%), Folate: 61.85µg (15.46%), Vitamin A: 710.8IU (14.22%), Calcium: 141.9mg (14.19%), Vitamin E: 1.42mg (9.45%)