



## Barbecued Pork Roast



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup chicken broth fat-free
- ☐ 3 large garlic cloves thinly sliced
- ☐ 0.3 cup juice of lemon
- ☐ 8 servings garnishes: lemon wedges italian
- ☐ 2 tablespoons brown sugar light
- ☐ 1 onion sliced

- ☐ 0.5 teaspoon paprika
- ☐ 1 teaspoon pepper
- ☐ 3 pound rolled pork loin roast boneless
- ☐ 1 teaspoon thyme leaves dried
- ☐ 6 ounce tomato paste canned
- ☐ 2 tablespoons worcestershire sauce

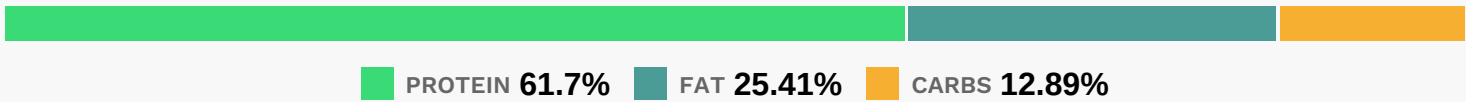
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer
- ☐ dutch oven

## Directions

- ☐ Trim any excess fat from roast.
- ☐ Cut deep slits in roast, using a paring knife; insert garlic slices. Stir together pepper and thyme; rub over all sides of roast, and set aside.
- ☐ Saut onion in a nonstick skillet coated with cooking spray over medium heat until tender. Stir in chicken broth and next 7 ingredients; bring to a boil, stirring constantly.
- ☐ Remove from heat.
- ☐ Place roast in a lightly greased large Dutch oven; pour sauce over roast.
- ☐ Bake, covered, at 350 for 1 hour and 20 minutes or until a meat thermometer registers 17
- ☐ Let stand 15 minutes. Slice and serve with sauce; garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.56, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:19.385652324428%

Flavonoids

Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 261.23kcal (13.06%), Fat: 7.12g (10.96%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.2g (2.62%), Sugar: 5.2g (5.78%), Cholesterol: 107.16mg (35.72%), Sodium: 247.9mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.91g (77.82%), Selenium: 48.53µg (69.32%), Vitamin B6: 1.36mg (67.98%), Vitamin B1: 0.79mg (52.57%), Vitamin B3: 10.21mg (51.03%), Phosphorus: 404.5mg (40.45%), Potassium: 795.94mg (22.74%), Zinc: 3.2mg (21.35%), Vitamin B2: 0.35mg (20.49%), Vitamin B12: 0.9µg (14.93%), Vitamin B5: 1.4mg (13.96%), Magnesium: 54.33mg (13.58%), Vitamin C: 7.77mg (9.41%), Iron: 1.68mg (9.31%), Manganese: 0.18mg (8.76%), Copper: 0.17mg (8.43%), Vitamin D: 0.68µg (4.54%), Fiber: 0.93g (3.74%), Vitamin E: 0.55mg (3.68%), Calcium: 33.89mg (3.39%), Vitamin A: 126.27IU (2.53%), Folate: 7.9µg (1.98%), Vitamin K: 1.78µg (1.7%)