

Berry Barbecued Pork Roast

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 4 cups cranberries fresh
- 0.5 cup orange juice
- 0.3 teaspoon pepper
- 3 pounds pork loin boneless
- 0.3 teaspoon salt
- 1 cup sugar

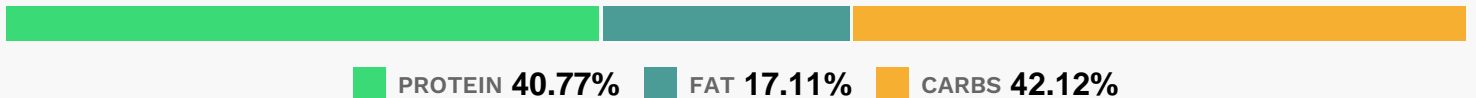
Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Sprinkle roast with salt and pepper.
- Place with fat side up on a rack in a shallow roasting pan.
- Bake, uncovered, at 350° for 45 minutes.
- Meanwhile, in a saucepan, combine the cranberries, sugar, orange juice and barbecue sauce. Bring to a boil. Reduce heat to medium-low; cook and stir for 10–12 minutes or until cranberries pop and sauce is thickened.
- Brush some of the sauce over roast.
- Bake 15–20 minutes longer or until a thermometer reads 145°, brushing often with sauce.
- Let stand for 10 minutes before slicing.
- Serve with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:16.59, Glycemic Load:13.45, Inflammation Score:-3, Nutrition Score:13.097826089548%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg

Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 254.44kcal (12.72%), Fat: 4.8g (7.38%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 25.22g (9.17%), Sugar: 22.88g (25.42%), Cholesterol: 71.44mg (23.81%), Sodium: 227.7mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Selenium: 31.71µg (45.3%), Vitamin B6: 0.89mg (44.42%), Vitamin B1: 0.52mg (34.56%), Vitamin B3: 6.66mg (33.31%), Phosphorus: 263.02mg (26.3%), Potassium: 499.99mg (14.29%), Zinc: 2.1mg (13.99%), Vitamin B2: 0.23mg (13.63%), Vitamin C: 9.9mg (12.01%), Vitamin B5: 0.98mg (9.83%), Vitamin B12: 0.58µg (9.64%), Magnesium: 34.24mg (8.56%), Manganese: 0.15mg (7.53%), Fiber: 1.34g (5.35%), Copper: 0.1mg (4.97%), Vitamin E: 0.69mg (4.58%), Iron: 0.8mg (4.44%), Vitamin D: 0.45µg (3.02%), Vitamin K: 1.96µg (1.87%), Calcium: 13.79mg (1.38%), Vitamin A: 67.59IU (1.35%)