



## Betty's Pork Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon cajun spice
- 2 cloves garlic
- 28 ounce catsup
- 16 ounces mustard prepared
- 3 pounds roasted bone-in
- 15 servings salt and pepper to taste

## Equipment

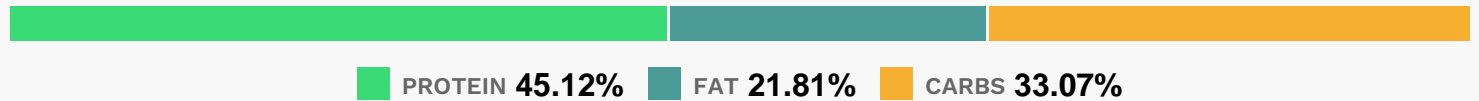
- oven

- pot
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stuff roast with garlic, salt, pepper and Cajun seasoning. In a large pot of boiling water, boil roast until meat is slightly pink.
- Remove from water.
- Lay roast in a 9x13 inch baking dish lined with aluminum foil. Cover in ketchup and mustard. Then cover with more foil and bake in the preheated oven for 1 1/2 to 2 hours or until internal temperature has reached 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:5.13, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:13.15826086376%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 192.33kcal (9.62%), Fat: 4.76g (7.33%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.77g (5.37%), Sugar: 11.71g (13.01%), Cholesterol: 57.15mg (19.05%), Sodium: 1050.94mg (45.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.36%), Selenium: 35.84µg (51.2%), Vitamin B6: 0.8mg (39.75%), Vitamin B1: 0.47mg (31.05%), Vitamin B3: 6.14mg (30.72%), Phosphorus: 251.25mg (25.13%), Vitamin B2: 0.28mg (16.37%), Potassium: 535.75mg (15.31%), Zinc: 1.92mg (12.82%), Magnesium: 45.15mg (11.29%), Manganese: 0.19mg (9.63%), Vitamin B5: 0.79mg (7.95%), Vitamin B12: 0.46µg (7.71%), Vitamin E: 1.01mg (6.71%), Iron: 1.17mg (6.51%), Vitamin A: 309.4IU (6.19%), Copper: 0.12mg (6.08%), Fiber: 1.48g (5.92%), Calcium: 32.44mg (3.24%), Vitamin C: 2.42mg (2.93%), Vitamin D: 0.36µg (2.42%), Vitamin K: 2.07µg (1.98%), Folate: 6.91µg (1.73%)