



HEALTH SCORE

77%

## Braised Tuscan Pork Loin



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons brown sugar
- ☐ 18 ounce .5 can cannellini beans rinsed drained canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.5 cup catsup
- ☐ 2 teaspoons pepper
- ☐ 4 pound pork loin roast bone-in
- ☐ 1.3 teaspoons salt

☐ 1 large onion    sweet coarsely chopped

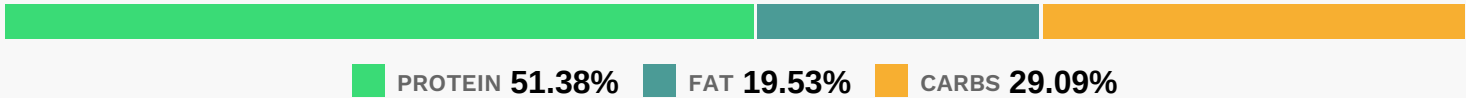
## Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ dutch oven

## Directions

- ☐ Rub salt and pepper evenly over roast; let stand at room temperature 15 minutes.
- ☐ Brown roast in an ovenproof Dutch oven coated with cooking spray over medium heat until browned on all sides.
- ☐ Remove roast, and set aside.
- ☐ Add onion to Dutch oven, and saut 3 to 5 minutes.
- ☐ Return roast to Dutch oven. Stir together tomatoes, ketchup, vinegar, and brown sugar.
- ☐ Pour tomato mixture over roast.
- ☐ Bake, covered, at 350 for 1 hour. Stir in beans, and bake, covered, 45 more minutes. Stir beans and sauce; bake, uncovered, 15 more minutes or until meat thermometer inserted into thickest portion of roast registers 16
- ☐ Remove from oven, and let stand 5 to 10 minutes before slicing. Slice roast evenly into 8 chops, and serve with beans and sauce.

## Nutrition Facts



## Properties

Glycemic Index:18.88, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:33.344782621964%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 451.9kcal (22.59%), Fat: 9.74g (14.98%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 27.12g (9.86%), Sugar: 13.93g (15.47%), Cholesterol: 142.88mg (47.63%), Sodium: 750.78mg (32.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.62g (115.24%), Vitamin B6: 1.99mg (99.46%), Selenium: 64.81µg (92.59%), Vitamin B1: 1.16mg (77.3%), Vitamin B3: 14.59mg (72.96%), Phosphorus: 617.58mg (61.76%), Potassium: 1539.55mg (43.99%), Zinc: 5.16mg (34.39%), Manganese: 0.65mg (32.47%), Vitamin B2: 0.53mg (31.38%), Magnesium: 119.11mg (29.78%), Iron: 4.71mg (26.18%), Copper: 0.51mg (25.37%), Fiber: 5.49g (21.96%), Vitamin B5: 2.14mg (21.42%), Vitamin B12: 1.16µg (19.28%), Folate: 65.34µg (16.34%), Vitamin E: 2.27mg (15.14%), Vitamin C: 11.73mg (14.22%), Calcium: 109.25mg (10.92%), Vitamin K: 8.5µg (8.1%), Vitamin D: 0.91µg (6.05%), Vitamin A: 293.43IU (5.87%)