



 **23%**
HEALTH SCORE

Brown Sugar and Balsamic Glazed Pork Loin

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound pork loin boneless
- 1 teaspoon ground sage
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 clove garlic crushed
- 0.5 cup water
- 6 servings glaze
- 0.5 cup brown sugar

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- 1 tablespoon cornstarch
- 0.3 cup balsamic vinegar
- 2 tablespoons soya sauce

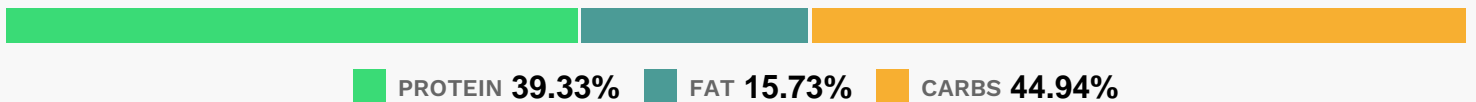
Equipment

- sauce pan
- slow cooker

Directions

- Combine sage, salt, pepper and garlic. Rub over roast.
- Place in slow cooker with 1/2 cup water. Cook on low for 6–8 hours. About 1 hour before roast is done, combine ingredients for glaze in small sauce pan.
- Heat and stir until mixture thickens.
- Brush roast with glaze 2 or 3 times during the last hour of cooking.
- Serve with remaining glaze on the side.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:15.861739130435%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 357.95kcal (17.9%), Fat: 6.15g (9.47%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 39.46g (14.35%), Sugar: 37.26g (41.4%), Cholesterol: 95.25mg (31.75%), Sodium: 616.96mg (26.82%), Protein: 34.63g (69.25%), Selenium: 42.48µg (60.69%), Vitamin B6: 1.18mg (58.77%), Vitamin B1: 0.67mg (44.97%), Vitamin B3: 8.97mg (44.85%), Phosphorus: 352.56mg (35.26%), Zinc: 2.78mg (18.52%), Potassium: 642.24mg (18.35%), Vitamin B2: 0.29mg (17.21%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.2mg (12.02%),

Magnesium: 46.87mg (11.72%), Iron: 1.33mg (7.36%), Copper: 0.12mg (6.12%), Manganese: 0.1mg (4.93%), Calcium: 44.35mg (4.43%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.2mg (1.33%)