

 **77%**
HEALTH SCORE

Caribbean Pork Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



420 min.

SERVINGS



8

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pork loin boneless
- 1 cup orange juice
- 0.5 cup juice of lime
- 1.5 teaspoons ground cumin
- 1.5 teaspoons hot sauce red
- 0.8 teaspoon ground allspice
- 1 medium bell pepper green cut into eighths
- 1 medium onion cut into fourths

- 4 garlic clove crushed
- 1 serving salt and pepper to taste
- 1.5 teaspoons sugar
- 0.5 teaspoon salt

Equipment

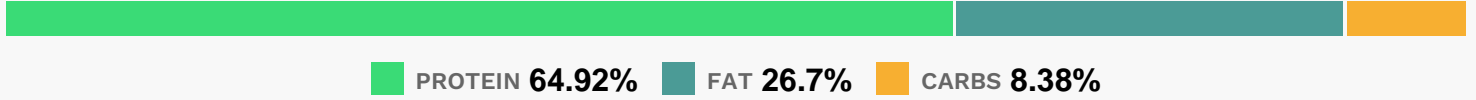
- food processor
- frying pan
- sauce pan
- oven
- blender
- roasting pan
- kitchen thermometer
- skewers

Directions

- Remove fat from pork. Pierce pork deeply all over with meat fork or skewer.
- Place pork in heavy resealable plastic food-storage bag.
- Place remaining ingredients except salt and pepper to taste, sugar and 1/2 teaspoon salt in blender or food processor. Cover and blend until smooth.
- Pour blended mixture over pork. Seal bag; place in dish. Refrigerate at least 4 hours but no longer than 24 hours, turning bag occasionally.
- Heat oven to 325°F.
- Remove pork from marinade; refrigerate marinade.
- Sprinkle pork with salt and pepper to taste.
- Place pork on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of pork and does not rest in fat.
- Roast uncovered 1 hour 45 minutes to 2 hours 15 minutes or until thermometer reads 155°F.
- Remove pork from pan. Cover and let stand 15 to 20 minutes or until thermometer reads 160°F (medium doneness).

- Pour marinade into 1 1/2-quart saucepan. Stir in sugar and 1/2 teaspoon salt.
- Heat to boiling; reduce heat. Simmer uncovered about 5 minutes, stirring occasionally, until mixture thickens slightly.
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:29.726521626763%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 395.49kcal (19.77%), Fat: 11.36g (17.48%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.31g (2.66%), Sugar: 4.58g (5.09%), Cholesterol: 172.86mg (57.62%), Sodium: 326.48mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.17g (124.34%), Selenium: 76.36µg (109.08%), Vitamin B6: 2.16mg (108.07%), Vitamin B1: 1.27mg (84.52%), Vitamin B3: 16.03mg (80.15%), Phosphorus: 636.15mg (63.62%), Vitamin C: 34.15mg (41.39%), Zinc: 5.05mg (33.65%), Potassium: 1167.77mg (33.36%), Vitamin B2: 0.54mg (31.55%), Vitamin B12: 1.4µg (23.32%), Vitamin B5: 2.16mg (21.63%), Magnesium: 80.86mg (20.22%), Iron: 1.93mg (10.72%), Copper: 0.2mg (10.06%), Vitamin D: 1.1µg (7.32%), Manganese: 0.11mg (5.3%), Folate: 15.11µg (3.78%), Vitamin E: 0.47mg (3.16%), Calcium: 31.51mg (3.15%), Fiber: 0.72g (2.89%), Vitamin A: 132IU (2.64%), Vitamin K: 1.34µg (1.28%)