



Chinese Roasted Pork



Gluten Free



Dairy Free

READY IN



370 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder chinese
- ☐ 3 lb pork loin boneless
- ☐ 2 tablespoons brown sugar dark packed
- ☐ 1 piece ginger fresh peeled chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper

☐ 2 tablespoons vegetable oil

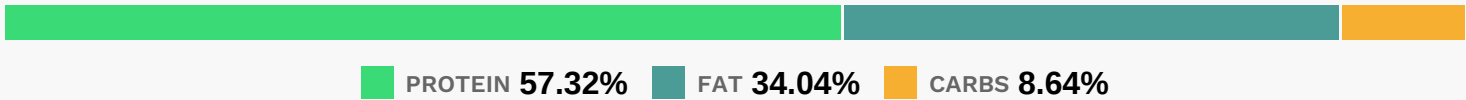
Equipment

- ☐ frying pan
- ☐ knife
- ☐ aluminum foil
- ☐ slow cooker
- ☐ cutting board

Directions

- ☐ Trim pork of excess fat and season with salt and pepper. Warm oil in a large skillet over medium-high heat.
- ☐ Add pork and brown on all sides, 5 to 7 minutes.
- ☐ Transfer pork to slow cooker.
- ☐ Pour off all but 1 Tbsp. fat from skillet.
- ☐ Add onion, garlic and ginger to skillet and cook, stirring, until softened, about 3 minutes.
- ☐ Add soy sauce, brown sugar and five-spice powder. Cook, stirring, until sugar has dissolved, about 1 minute.
- ☐ Pour over pork.
- ☐ Cover and cook on low until meat is very tender when pierced with a knife, about 6 hours.
- ☐ Remove pork to a cutting board, tent with foil and let stand 10 minutes. Thinly slice against the grain and serve.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:18.740000017635%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 285.76kcal (14.29%), Fat: 10.54g (16.21%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.5g (2%), Sugar: 3.6g (3.99%), Cholesterol: 107.16mg (35.72%), Sodium: 852.68mg (37.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.92g (79.84%), Selenium: 47.46µg (67.81%), Vitamin B6: 1.34mg (67.23%), Vitamin B1: 0.77mg (51.42%), Vitamin B3: 10.02mg (50.08%), Phosphorus: 419.13mg (41.91%), Zinc: 3.28mg (21.85%), Vitamin B2: 0.36mg (21.42%), Potassium: 737.42mg (21.07%), Magnesium: 59.14mg (14.78%), Vitamin B12: 0.87µg (14.46%), Vitamin B5: 1.35mg (13.53%), Iron: 1.57mg (8.74%), Manganese: 0.14mg (6.86%), Copper: 0.13mg (6.34%), Vitamin K: 6.32µg (6.02%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.57mg (3.8%), Calcium: 27.02mg (2.7%), Folate: 9.87µg (2.47%), Fiber: 0.52g (2.1%), Vitamin C: 1.51mg (1.82%)