



HEALTH SCORE

89%

Christmas Pork Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 apples sliced



4 pound pork loin roast boneless



16 ounce chicken broth canned



2 tablespoons ground cinnamon



1 teaspoon ground ginger



1 teaspoon ground nutmeg



1 orange zest



32 ounce berry cranberry sauce whole canned

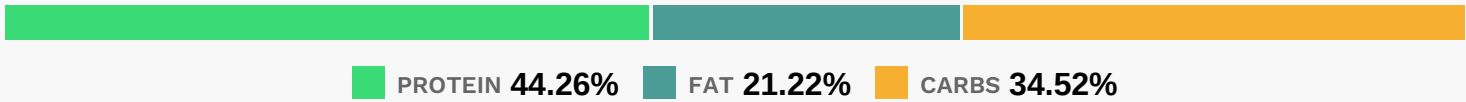
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ potato masher
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place pork roast into a roasting pan; push whole cloves into the meat. Cover the roast with apple slices.
- ☐ Mash cranberry sauce in a bowl with a potato masher; stir chicken broth, cinnamon, nutmeg, and ginger into cranberries.
- ☐ Pour about half the cranberry mixture over the pork roast. Cover with a lid or a sheet of aluminum foil.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Pour remaining cranberry mixture over roast.
- ☐ Sprinkle orange zest over the cranberry sauce.
- ☐ Return to oven and roast until cranberry mixture forms a glaze and an instant-read meat thermometer inserted into the center of the meat reads at least 145 degrees F (65 degrees C), about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:76.758695851202%

Flavonoids

Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg, Cyanidin: 3.76mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 24.49mg, Myricetin: 24.49mg, Myricetin: 24.49mg, Myricetin: 24.49mg Quercetin: 29.07mg, Quercetin: 29.07mg, Quercetin: 29.07mg, Quercetin: 29.07mg

Nutrients (% of daily need)

Calories: 4839.54kcal (241.98%), Fat: 113.11g (174.01%), Saturated Fat: 33.59g (209.95%), Carbohydrates: 414.01g (138%), Net Carbohydrates: 389.2g (141.53%), Sugar: 308.4g (342.66%), Cholesterol: 1369.85mg (456.62%), Sodium: 3125.36mg (135.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 530.75g (1061.5%), Selenium: 591.43µg (844.91%), Vitamin B6: 14.82mg (741.2%), Vitamin B3: 116.73mg (583.67%), Vitamin B1: 8.23mg (548.7%), Phosphorus: 4853.02mg (485.3%), Zinc: 44.78mg (298.55%), Vitamin B2: 4.11mg (241.54%), Potassium: 8056.29mg (230.18%), Vitamin B12: 13.79µg (229.82%), Manganese: 4.25mg (212.68%), Magnesium: 605.34mg (151.34%), Vitamin B5: 13.75mg (137.54%), Iron: 21.52mg (119.53%), Fiber: 24.81g (99.25%), Vitamin E: 12.98mg (86.51%), Copper: 1.66mg (82.98%), Vitamin D: 7.71µg (51.41%), Vitamin C: 34.45mg (41.75%), Calcium: 377.96mg (37.8%), Vitamin K: 32.15µg (30.61%), Vitamin A: 1382.4IU (27.65%), Folate: 29.94µg (7.49%)