



Cinnamon Pork Loin and Potatoes

 **Gluten Free**

READY IN



110 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cube beef bouillon from cube
- 2 pounds pork loin boneless
- 0.5 cup butter sliced
- 2 cubes chicken bouillon
- 1 tablespoon cornstarch
- 2 tablespoons ground cinnamon
- 0.5 cup milk
- 4 potatoes - remove skin red peeled sliced

- 6 servings salt and pepper to taste
- 3 sweet potatoes and into peeled sliced
- 1 apple green cored peeled sliced
- 0.5 cup water

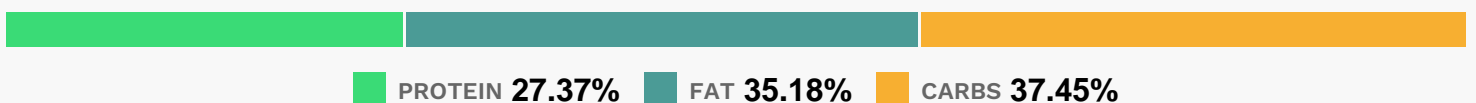
Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- ziploc bags

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place the pork roast in a medium baking dish. Season red potatoes with salt and pepper, and arrange around the roast.
- Place sweet potatoes and cinnamon in a resealable plastic bag, and shake to coat. Arrange sweet potatoes around the roast.
- Place apple over the roast and potatoes. Top with butter slices. Seal baking dish tightly with foil.
- Cook 1 1/2 hours in the preheated oven, or until the internal temperature of the pork has reached 145 degrees F (63 degrees C).
- In a medium saucepan over medium heat, blend the milk, water, chicken bouillon, beef bouillon, and cornstarch until the bouillon cubes are dissolved and the mixture is thickened.
- Serve with the pork roast and potatoes.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:12.73, Inflammation Score:-10, Nutrition Score:32.986087031986%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 571.49kcal (28.57%), Fat: 22.47g (34.57%), Saturated Fat: 12.08g (75.48%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 45.87g (16.68%), Sugar: 10.76g (11.95%), Cholesterol: 138.37mg (46.12%), Sodium: 490.44mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.67%), Vitamin A: 16571.16IU (331.42%), Vitamin B6: 1.65mg (82.44%), Selenium: 43.97µg (62.82%), Vitamin B1: 0.89mg (59.4%), Vitamin B3: 11.05mg (55.23%), Phosphorus: 510.31mg (51.03%), Manganese: 0.98mg (49.04%), Potassium: 1671.84mg (47.77%), Fiber: 7.96g (31.84%), Magnesium: 105mg (26.25%), Vitamin B2: 0.44mg (25.84%), Vitamin B5: 2.55mg (25.51%), Zinc: 3.69mg (24.63%), Copper: 0.47mg (23.5%), Vitamin C: 16.42mg (19.9%), Iron: 2.81mg (15.63%), Vitamin B12: 0.91µg (15.23%), Calcium: 114.55mg (11.45%), Folate: 39.64µg (9.91%), Vitamin K: 9.04µg (8.61%), Vitamin E: 1.07mg (7.13%), Vitamin D: 0.83µg (5.52%)