



Crusted Roast Pork with White Beans

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

READY IN



100 min.

SERVINGS



40

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 árbol chiles stemmed
- 0.8 cup original barbecue sauce divided kraft
- 2 lb pork loin roast boneless
- 30 oz cannellini beans undrained canned
- 2 Tbsp parsley fresh chopped
- 1 small onion sliced
- 1 pkt. shake 'n bake chicken coating mix

Equipment

frying pan

oven

Directions

Heat oven to 350F.

Combine beans, onions, chiles and 1/2 cup barbecue sauce; spread onto bottom of 15x10x1-inch pan.

Spread meat with remaining barbecue sauce; cover with coating mix.

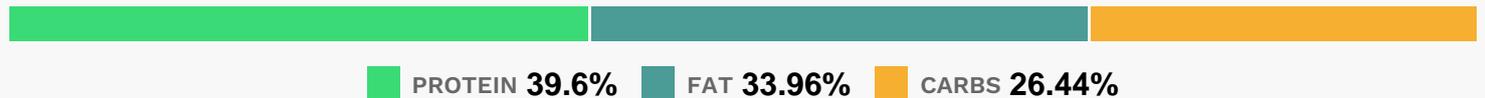
Place over beans.

Bake 1 hour 30 min. or until meat is done (160F).

Remove to platter; let stand 10 min. before slicing. Stir parsley into beans. Discard chiles.

Serve beans with meat.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:5.2617392125337%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 105.19kcal (5.26%), Fat: 3.91g (6.02%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.72g (2.08%), Sugar: 1.87g (2.07%), Cholesterol: 28.57mg (9.52%), Sodium: 80.73mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Selenium: 9.98µg (14.25%), Vitamin B3: 2.73mg (13.67%), Vitamin B6: 0.27mg (13.35%), Phosphorus: 109.67mg (10.97%), Vitamin B1: 0.14mg (9.63%), Potassium: 211.96mg (6.06%), Zinc: 0.81mg (5.4%), Magnesium: 21.54mg (5.38%), Manganese: 0.1mg (5.07%), Vitamin B2: 0.08mg (4.82%), Folate: 19.11µg (4.78%), Fiber: 1.13g (4.53%), Vitamin B5: 0.41mg (4.13%), Iron: 0.68mg (3.77%), Vitamin K: 3.53µg (3.36%), Copper: 0.06mg (3.06%), Vitamin B12: 0.17µg (2.91%), Calcium: 16.94mg (1.69%), Vitamin A: 61.34IU (1.23%), Vitamin C: 1mg (1.22%)