



 **60%**
HEALTH SCORE

Easy Roasted Pork

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

READY IN



80 min.

SERVINGS



12

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb baking potatoes cut into 2-inch chunks (6)
- 1 lb beets cut into 2-inch chunks
- 3 lb roasted boneless
- 1 lb carrots cut into 2-inch chunks
- 0.8 cup classic catalina dressing divided kraft
- 1 lb onions cut into 2-inch chunks

Equipment

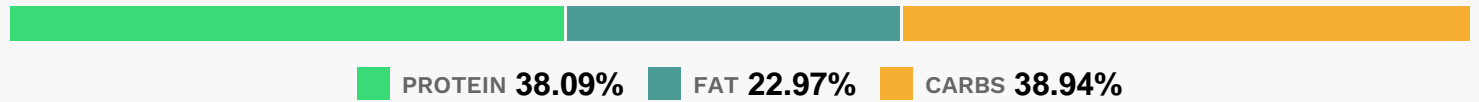
- frying pan

- oven
- roasting pan

Directions

- Heat oven to 350F.
- Place meat in roasting pan sprayed with cooking spray; brush with 1/2 cup dressing. Toss potatoes and beets with 2 Tbsp. of the remaining dressing; spoon around meat.
- Bake 15 min.
- Toss onions and carrots with remaining dressing.
- Add to ingredients in roasting pan.
- Bake 1 hour or until meat is done (145F), basting occasionally with pan juices.
- Remove from oven; let stand 10 min. Slice meat.
- Serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:18.55, Glycemic Load:14.36, Inflammation Score:-10, Nutrition Score:22.735652115034%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 302.22kcal (15.11%), Fat: 7.61g (11.7%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 25.28g (9.19%), Sugar: 10.56g (11.73%), Cholesterol: 71.44mg (23.81%), Sodium: 309.39mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.77%), Vitamin A: 6328.75IU (126.57%), Vitamin B6: 1.24mg (61.99%), Selenium: 32.21µg (46.01%), Vitamin B1: 0.62mg (41.23%), Vitamin B3: 7.84mg (39.19%), Phosphorus: 336.04mg (33.6%), Potassium: 1038.35mg (29.67%), Manganese: 0.35mg (17.69%), Zinc: 2.55mg (16.98%), Vitamin B2: 0.28mg (16.72%), Folate: 66.15µg (16.54%), Magnesium: 63.88mg (15.97%), Fiber: 3.74g (14.97%), Vitamin C: 11.19mg (13.56%), Vitamin B5: 1.28mg (12.81%), Copper: 0.2mg (10.19%), Iron: 1.76mg (9.76%),

Vitamin B12: 0.58µg (9.64%), Vitamin K: 6.58µg (6.26%), Calcium: 42.71mg (4.27%), Vitamin D: 0.45µg (3.02%),
Vitamin E: 0.43mg (2.85%)