

Easy Roasted Pork

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



75 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin roast boneless
- 0.3 cup cinnamon applesauce
- 1.5 teaspoons ground ginger
- 0.7 cup brown sugar light packed

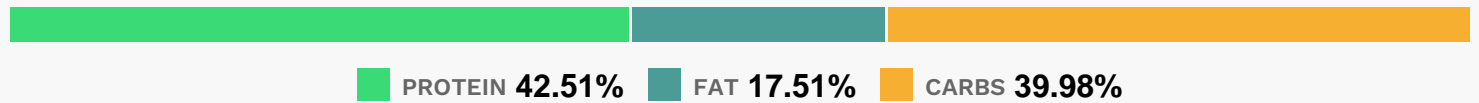
Equipment

- bowl
- oven

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly flour an oven bag.
- In a small bowl, blend brown sugar, applesauce, and ginger.
- Place pork roast in the prepared oven bag.
- Pour the brown sugar mixture over the roast. Seal bag, and cut several small slits in the top.
- Cook the roast 1 hour in the preheated oven, or until the internal temperature has reached 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:21.463043565983%

Nutrients (% of daily need)

Calories: 318.49kcal (15.92%), Fat: 6.28g (9.66%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 26.98g (9.81%), Sugar: 23.94g (26.6%), Cholesterol: 95.25mg (31.75%), Sodium: 82.05mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.64%), Manganese: 1.91mg (95.72%), Selenium: 42.76µg (61.09%), Vitamin B6: 1.17mg (58.51%), Vitamin B1: 0.67mg (44.81%), Vitamin B3: 8.89mg (44.46%), Phosphorus: 348.32mg (34.83%), Fiber: 5.3g (21.22%), Zinc: 2.93mg (19.52%), Potassium: 647.08mg (18.49%), Vitamin B2: 0.29mg (16.92%), Vitamin B12: 0.77µg (12.85%), Calcium: 127.19mg (12.72%), Magnesium: 48.5mg (12.12%), Vitamin B5: 1.2mg (11.96%), Iron: 1.91mg (10.61%), Copper: 0.14mg (6.75%), Vitamin D: 0.6µg (4.03%), Vitamin K: 3.08µg (2.93%), Vitamin E: 0.43mg (2.84%)