



HEALTH SCORE

65%

Festive Pork Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



10

CALORIES



5286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup firmly brown sugar packed
- ☐ 4 teaspoons cornstarch
- ☐ 2 teaspoons curry powder
- ☐ 1.5 cups cooking wine dry red
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup catsup
- ☐ 0.5 teaspoon pepper

- ☐ 43 pound rolled pork roasts boneless
- ☐ 3 tablespoons soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 cup water
- ☐ 1.5 cups water

Equipment

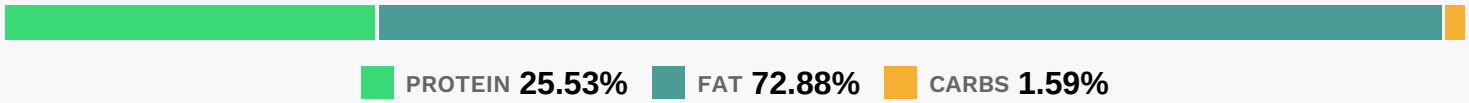
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 10 ingredients in a large shallow dish or zip-top plastic freezer bag; add pork. Cover or seal, and chill 8 hours, turning occasionally.
- ☐ Remove pork from marinade, reserving marinade to equal 2 1/2 cups, adding water if necessary.
- ☐ Place pork on a rack in a shallow roasting pan lined with aluminum foil.
- ☐ Whisk reserved marinade into cornstarch in a small saucepan.
- ☐ Place pan over medium-high heat, and bring sauce to a boil, whisking constantly. Cook, whisking constantly, 2 to 3 minutes or until thickened.
- ☐ Remove and reserve 1/4 cup sauce. Set remaining sauce in saucepan aside.
- ☐ Broil pork 6 inches from heat 5 minutes.
- ☐ Pour 1 1/2 cups water into bottom of pan. Reduce oven temperature to 325, and bak 1 hour and 15 minutes to 1 hour and 30 minutes or until a meat thermometer inserted into thickest portion registers 155, basting with reserved 1/4 cup sauce during the last 15 minutes.

- ☐
- Remove roast, and let stand at least 10 minutes or until meat thermometer inserted into thickest portion registers 160 before slicing.
- ☐
- Serve with remaining warm sauce.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:58.654782544012%

Flavonoids

Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 5285.88kcal (264.29%), Fat: 418.84g (644.37%), Saturated Fat: 154.35g (964.69%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 20.18g (7.34%), Sugar: 16.9g (18.78%), Cholesterol: 1404.32mg (468.11%), Sodium: 1509.76mg (65.64%), Alcohol: 3.78g (100%), Alcohol %: 0.23% (100%), Protein: 330.13g (660.26%), Vitamin B1: 14.29mg (952.36%), Selenium: 480.49µg (686.42%), Vitamin B3: 85.05mg (425.27%), Vitamin B6: 7.53mg (376.35%), Phosphorus: 3427.84mg (342.78%), Zinc: 43mg (286.68%), Vitamin B2: 4.61mg (271.45%), Vitamin B12: 13.65µg (227.55%), Potassium: 5677.44mg (162.21%), Vitamin B5: 13.08mg (130.84%), Iron: 17.63mg (97.95%), Magnesium: 378.04mg (94.51%), Copper: 0.92mg (45.96%), Calcium: 294.31mg (29.43%), Folate: 100.42µg (25.1%), Manganese: 0.36mg (18.01%), Vitamin C: 14.57mg (17.66%), Vitamin K: 10.97µg (10.45%), Vitamin E: 0.71mg (4.74%), Vitamin A: 202.75IU (4.06%), Fiber: 0.3g (1.19%)