



 **59%**  
HEALTH SCORE

## Fruit Glazed Pork Roast

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

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**323 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup brown sugar packed
- 1 teaspoon cider vinegar
- 8 slices ginger root fresh
- 0.5 teaspoon ground ginger
- 5 pounds roasted
- 2 teaspoons soya sauce

### Equipment

- frying pan

- paper towels
- oven
- roasting pan
- ziploc bags

## Directions

- To Marinate: In a large resealable plastic bag combine the fruit nectar, soy sauce, vinegar, ginger root, ground ginger and brown sugar.
- Mix together until sugar dissolves.
- Add pork, seal bag and refrigerate for at least 3 hours or, if possible, overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove bag from refrigerator.
- Remove meat from marinade, wipe dry with paper towels and brown in a large skillet.
- Place browned pork on a rack in a roasting pan and bake in the preheated oven for 1 hour (tenderloins 35 to 40 minutes) or until internal temperature of meat has reached 145 degrees F (63 degrees C). Baste with marinade every 10 minutes while baking. (Note: If there is any leftover marinade, you can boil it and add cornstarch for a nice sauce.)

## Nutrition Facts

**PROTEIN 65.72%** **FAT 26.77%** **CARBS 7.51%**

## Properties

Glycemic Index:7, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:22.443043141261%

## Nutrients (% of daily need)

Calories: 322.71kcal (16.14%), Fat: 9.23g (14.19%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.77g (2.1%), Sugar: 5.39g (5.99%), Cholesterol: 142.88mg (47.63%), Sodium: 179.96mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.95g (101.9%), Selenium: 62.97µg (89.95%), Vitamin B6: 1.72mg (86.01%), Vitamin B1: 1.01mg (67.06%), Vitamin B3: 13.1mg (65.52%), Phosphorus: 512.82mg (51.28%), Zinc: 4.1mg (27.32%), Vitamin B2: 0.43mg (25.1%), Potassium: 866.4mg (24.75%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.71mg (17.05%), Magnesium: 60.87mg (15.22%), Iron: 1.32mg (7.35%), Copper: 0.14mg (6.99%), Vitamin D: 0.91µg (6.05%), Manganese: 0.06mg (3.18%), Vitamin E: 0.3mg (1.99%), Calcium: 16.55mg (1.65%)