



## Garlic-Orange Roast Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 pints cherry tomatoes
- ☐ 1 sprigs garnishes: cilantro orange fresh
- ☐ 1 tablespoon cornstarch
- ☐ 2 cups parsley fresh chopped
- ☐ 10 garlic cloves divided
- ☐ 0.3 cup herbs de provence
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated

- ☐ 2 tablespoons olive oil
- ☐ 2.3 cups orange juice divided
- ☐ 2 large oranges sliced
- ☐ 1 tablespoon pepper divided
- ☐ 5 pound boston butt pork roast boneless
- ☐ 1 tablespoon salt divided

## Equipment

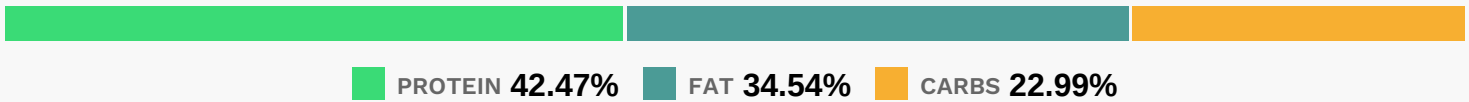
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Combine chopped parsley and next 3 ingredients.
- ☐ Butterfly pork roast by making a lengthwise cut down center of 1 flat side, cutting to within 1 inch of bottom. Open roast, and sprinkle evenly with 1 teaspoon each of salt and pepper. Chop 2 garlic cloves, and sprinkle evenly over pork. Rub half of the parsley mixture evenly over pork. Fold pork over to close; tie at 1-inch intervals with string.
- ☐ Sprinkle evenly with remaining 2 teaspoons each salt and pepper on outside of pork.
- ☐ Place orange slices in bottom of a roasting pan with remaining 8 garlic cloves; drizzle with oil.
- ☐ Place pork on top of orange slices; pour 2 cups orange juice over pork.
- ☐ Bake at 450 for 15 minutes; reduce heat to 325, and bake, basting every 20 minutes, for 1 hour and 30 minutes.
- ☐ Add tomatoes to pan, and bake 2 more hours or until a meat thermometer inserted into thickest portion registers 150, basting occasionally with pan drippings.
- ☐ Remove pork from oven, and coat evenly with remaining parsley mixture.
- ☐ Bake 10 more minutes or until a meat thermometer registers 15

- ☐ Remove pork, orange slices, and tomatoes from pan, cover with aluminum foil, and let stand 20 minutes before slicing; reserve drippings in pan.
- ☐ Combine cornstarch and remaining 1/4 cup orange juice; stir into drippings. Bring mixture to a boil, and cook, stirring constantly, 1 minute or until thickened.
- ☐ Pour sauce through wire-mesh strainer, if desired.
- ☐ Serve pork with tomatoes, orange slices, and sauce.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:23.1, Glycemic Load:4.9, Inflammation Score:-9, Nutrition Score:48.320869362873%

## Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 17.61mg, Hesperetin: 17.61mg, Hesperetin: 17.61mg Naringenin: 6.93mg, Naringenin: 6.93mg, Naringenin: 6.93mg, Naringenin: 6.93mg Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 432.22kcal (21.61%), Fat: 16.7g (25.69%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 19.73g (7.18%), Sugar: 13.29g (14.77%), Cholesterol: 136.08mg (45.36%), Sodium: 877.3mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.2g (92.41%), Vitamin K: 306.28µg (291.7%), Vitamin C: 114.45mg (138.72%), Vitamin B1: 1.47mg (97.7%), Selenium: 65.92µg (94.17%), Vitamin B6: 1.46mg (73.14%), Iron: 12.36mg (68.67%), Vitamin B3: 11.77mg (58.86%), Vitamin B2: 0.99mg (57.98%), Zinc: 8.48mg (56.56%), Phosphorus: 550.9mg (55.09%), Vitamin A: 2360.31IU (47.21%), Manganese: 0.86mg (42.97%), Potassium: 1502.87mg (42.94%), Vitamin B5: 4.08mg (40.82%), Vitamin B12: 2.06µg (34.4%), Copper: 0.5mg (25.16%), Magnesium: 98.13mg (24.53%), Folate: 88.43µg (22.11%), Calcium: 212.36mg (21.24%), Fiber: 5.27g (21.1%), Vitamin E: 2.65mg (17.66%), Vitamin D: 1.36µg (9.07%)