



Harvest Time Pork Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



1231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 lb pork loin boneless
- ☐ 0.5 cup orange marmalade
- ☐ 3 tablespoons orange juice
- ☐ 2 teaspoons fennel seeds crushed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon sage dried crushed
- ☐ 2 medium sweet potatoes and into peeled cut into 1 1/2-inch pieces
- ☐ 1 lb brussels sprouts cut in half if large

- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

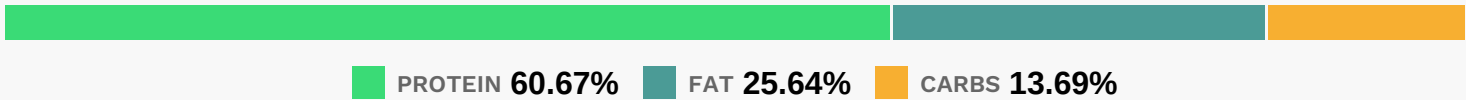
Equipment

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

Directions

- ☐ Heat oven to 325°F. On rack in shallow roasting pan, place pork. In small bowl, mix marmalade, orange juice, fennel, thyme and sage.
- ☐ Brush half of the marmalade mixture over pork.
- ☐ In large bowl, toss sweet potatoes and Brussels sprouts with oil, salt and pepper. Arrange vegetables around pork. Insert ovenproof meat thermometer so tip is in thickest part of pork.
- ☐ Roast uncovered 1 hour.
- ☐ Brush pork with remaining marmalade mixture; gently stir vegetables to coat with pan juices. Roast about 15 minutes longer or until thermometer reads 155°F and vegetables are tender. Cover pork with foil and let stand 10 to 15 minutes until thermometer reads 160°F.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:9.2, Inflammation Score:-10, Nutrition Score:65.68608723516%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg, Naringenin: 2.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 1231.11kcal (61.56%), Fat: 34.13g (52.51%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.33g (12.85%), Sugar: 21.53g (23.92%), Cholesterol: 500.09mg (166.7%), Sodium: 658.75mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 181.75g (363.51%), Selenium: 221.71µg (316.73%), Vitamin B6: 6.33mg (316.46%), Vitamin B1: 3.69mg (246.22%), Vitamin B3: 46.68mg (233.41%), Vitamin A: 11308.28IU (226.17%), Phosphorus: 1879.96mg (188%), Vitamin K: 138.07µg (131.49%), Potassium: 3559.47mg (101.7%), Zinc: 14.89mg (99.23%), Vitamin B2: 1.61mg (94.83%), Vitamin C: 72.27mg (87.6%), Copper: 1.68mg (83.77%), Vitamin B5: 6.77mg (67.73%), Vitamin B12: 4.05µg (67.47%), Magnesium: 247.89mg (61.97%), Iron: 6.09mg (33.84%), Manganese: 0.6mg (30.24%), Fiber: 5.69g (22.77%), Vitamin D: 3.18µg (21.17%), Folate: 59.52µg (14.88%), Vitamin E: 2.04mg (13.57%), Calcium: 117.11mg (11.71%)