



Herbed Pork Roast and Cranberry Chutney

 **Gluten Free**

 **Dairy Free**

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

321 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon garlic crushed
- ☐ 1 teaspoon garlic crushed
- ☐ 1 teaspoon herbs de provence
- ☐ 2 tablespoons herbs de provence
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon brown sugar light
- ☐ 2 tablespoons olive oil

- ☐ 1 tablespoon onion powder
- ☐ 2.5 pounds pork loin roast dry rinsed
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 16 ounce cranberry sauce whole canned

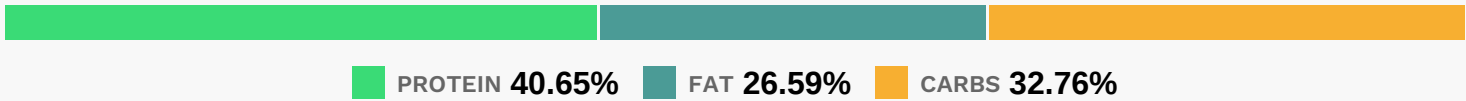
Equipment

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

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ In a medium bowl, combine all chutney ingredients and stir thoroughly. Cover and set aside until ready to serve.
- ☐ Serve chutney over pork roast.
- ☐ In a small bowl, stir together herbs de Provence, onion powder, light brown sugar, olive oil, lemon juice and garlic.
- ☐ Place the pork roast in a shallow roasting pan or baking dish. Season with salt and pepper and then rub with the herb mixture.
- ☐ Place roast in oven and reduce heat to 350 degrees F. Roast for 30 minutes per pound, or until internal temperature reaches 165 degrees F on an instant-read thermometer. (Roast will continue to cook up to 170 degrees F out of the oven.)
- ☐ Remove from oven, cover with foil and let rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:16.901739094568%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 321.49kcal (16.07%), Fat: 9.44g (14.53%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 24.97g (9.08%), Sugar: 19.63g (21.81%), Cholesterol: 89.3mg (29.77%), Sodium: 74.16mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.98%), Selenium: 39.76µg (56.8%), Vitamin B6: 1.1mg (54.92%), Vitamin B1: 0.65mg (43.19%), Vitamin B3: 8.27mg (41.33%), Phosphorus: 327.41mg (32.74%), Vitamin K: 22.4µg (21.33%), Zinc: 2.68mg (17.88%), Vitamin B2: 0.28mg (16.66%), Potassium: 571.6mg (16.33%), Iron: 2.47mg (13.74%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.07mg (10.72%), Magnesium: 42.03mg (10.51%), Vitamin E: 1.31mg (8.72%), Manganese: 0.17mg (8.28%), Copper: 0.12mg (5.78%), Fiber: 1.22g (4.86%), Vitamin D: 0.57µg (3.78%), Calcium: 36.13mg (3.61%), Vitamin C: 2.45mg (2.97%), Vitamin A: 67.3IU (1.35%), Folate: 4.76µg (1.19%)