



## Make-Ahead Spiced Pork & Apple Roast

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



55

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup classic balsamic vinaigrette dressing made with extra virgin olive oil, divided kraft
- 1 Tbsp brown sugar
- 4 cups butternut squash cubed peeled (1-inch pieces)
- 0.5 tsp garlic powder
- 2 granny smith apples peeled cut into 1/2-inch-thick slices
- 0.5 tsp ground cinnamon
- 1 lb pork tenderloin

### Equipment

- baking sheet
- oven
- ziploc bags

## Directions

- Mix first 3 ingredients; press onto meat.
- Place in freezer-weight resealable plastic bag.
- Add apples and 1/4 cup dressing; seal bag. Freeze up to 3 months. Refrigerate overnight to thaw.
- Heat oven to 400F.
- Place squash on rimmed baking sheet sprayed with cooking spray; drizzle with remaining dressing.
- Bake 20 min.; turn squash.
- Remove meat and apples from bag; place on baking sheet with squash.
- Bake 15 to 20 min. or until meat is done (145F) and squash is tender. Discard bag and marinade.
- Let meat stand 3 min.; slice meat.
- Serve with apples and squash.

## Nutrition Facts



## Properties

Glycemic Index:0.76, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:2.6352173491665%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin:

0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 22.83kcal (1.14%), Fat: 0.71g (1.09%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.05g (0.75%), Sugar: 1.16g (1.29%), Cholesterol: 5.36mg (1.79%), Sodium: 14.5mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin A: 1086.14IU (21.72%), Vitamin B1: 0.09mg (6.16%), Vitamin B6: 0.08mg (4.1%), Selenium: 2.56µg (3.66%), Vitamin B3: 0.67mg (3.37%), Vitamin C: 2.44mg (2.96%), Phosphorus: 24.27mg (2.43%), Potassium: 76.06mg (2.17%), Vitamin B2: 0.03mg (1.86%), Magnesium: 6.07mg (1.52%), Fiber: 0.38g (1.51%), Manganese: 0.03mg (1.43%), Vitamin E: 0.18mg (1.18%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.14%)