



## Maple Pork 'n Sweet Potatoes

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider
- 0.8 cup original barbecue sauce kraft
- 2 tsp chili powder
- 0.8 tsp ground cinnamon
- 1 small onion thinly sliced
- 0.3 cup pancake syrup
- 1 lb pork tenderloin
- 1.5 lb sweet potatoes peeled thinly sliced

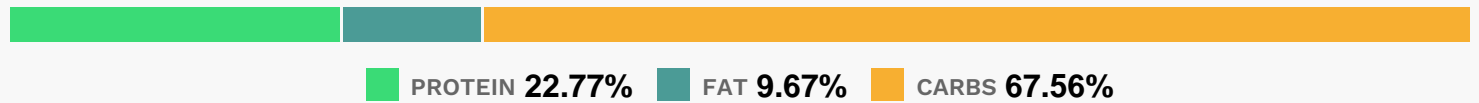
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 425F.
- Mix barbecue sauce, syrup, cider, chili powder and cinnamon.
- Place potatoes in 13x9-inch baking dish; top with onions.
- Pour half of the barbecue sauce mixture over potatoes and onions.
- Bake 15 minutes.
- Place meat over potatoes and onions; top with remaining barbecue sauce mixture.
- Bake an additional 30 minutes or until meat is cooked through.

## Nutrition Facts



## Properties

Glycemic Index:32.69, Glycemic Load:17.92, Inflammation Score:-10, Nutrition Score:29.04086971283%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

## Nutrients (% of daily need)

Calories: 471.09kcal (23.55%), Fat: 5.08g (7.82%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 79.92g (26.64%), Net Carbohydrates: 73.28g (26.65%), Sugar: 27.18g (30.2%), Cholesterol: 74.76mg (24.92%), Sodium: 754.06mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.94g (53.87%), Vitamin A: 24672.29IU (493.45%), Vitamin B1: 1.28mg (85.07%), Vitamin B6: 1.32mg (65.8%), Selenium: 36.65µg (52.36%), Vitamin B3: 8.96mg (44.81%), Phosphorus: 379.32mg (37.93%), Potassium: 1212.95mg (34.66%), Manganese: 0.69mg (34.32%), Vitamin

B2: 0.54mg (31.67%), Fiber: 6.64g (26.56%), Vitamin B5: 2.45mg (24.47%), Copper: 0.47mg (23.75%), Magnesium: 85.43mg (21.36%), Zinc: 2.83mg (18.88%), Iron: 2.83mg (15.74%), Vitamin E: 1.65mg (11.01%), Vitamin B12: 0.59µg (9.83%), Calcium: 90.6mg (9.06%), Vitamin C: 5.86mg (7.1%), Folate: 23.52µg (5.88%), Vitamin K: 5.68µg (5.41%), Vitamin D: 0.34µg (2.27%)