



WHATSheATE

Maple Roast Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound apples cored peeled cut into 1-inch wedges
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 3 teaspoons canola oil divided
- ☐ 1 tablespoon apple cider vinegar
- ☐ 2 tablespoons thyme sprigs fresh divided chopped
- ☐ 2 tablespoons maple syrup
- ☐ 1 pound pork tenderloin with cooking twine, if desired
- ☐ 0.8 teaspoon salt divided

- ☐ 1.3 pounds sweet potatoes and into peeled cut into 1/2-inch-thick slices
- ☐ 1 teaspoons coarse mustard

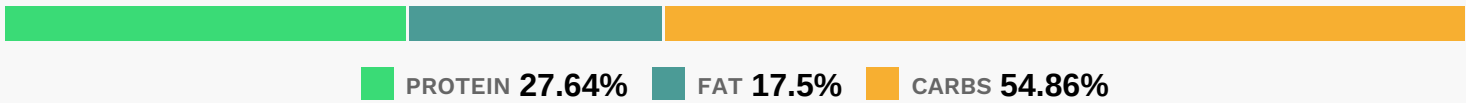
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Position racks in upper and lower oven; heat oven to 450°F. Coat pork with 1 teaspoon oil; sprinkle with 1 tablespoon thyme, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Coat a rimmed sheet pan with cooking spray.
- ☐ Place pork in center of pan; roast on upper rack until browned, 10 minutes. In a bowl, combine syrup, vinegar and mustard. In another bowl, toss sweet potatoes and apples with remaining 1 tbsp thyme, 2 tsp oil, 1/2 tsp salt and 1/4 tsp black pepper; spread in a single layer around pork on pan. Coat pork with half syrup mixture; place pan on lower rack; roast until pork's internal temperature reaches 145°, 10 to 15 minutes.
- ☐ Transfer pork to a plate; cover loosely with foil; let rest 10 minutes. Turn sweet potatoes and apples; continue roasting until tender, 8 to 10 minutes. Spoon remaining syrup mixture over pork; slice and serve with sweet potatoes and apples.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:13.92, Inflammation Score:-10, Nutrition Score:20.719130288%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg,

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 250.79kcal (12.54%), Fat: 4.92g (7.56%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 29.63g (10.77%), Sugar: 15.83g (17.59%), Cholesterol: 49.14mg (16.38%), Sodium: 392.86mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.95%), Vitamin A: 13561.18IU (271.22%), Vitamin B1: 0.84mg (55.75%), Vitamin B6: 0.82mg (40.8%), Selenium: 23.77µg (33.95%), Vitamin B3: 5.65mg (28.23%), Manganese: 0.51mg (25.3%), Vitamin B2: 0.43mg (25.21%), Phosphorus: 240.27mg (24.03%), Potassium: 731.01mg (20.89%), Fiber: 5.05g (20.22%), Vitamin B5: 1.45mg (14.49%), Magnesium: 53.77mg (13.44%), Copper: 0.25mg (12.33%), Zinc: 1.83mg (12.17%), Vitamin C: 9.48mg (11.5%), Iron: 1.85mg (10.29%), Vitamin B12: 0.39µg (6.55%), Vitamin E: 0.9mg (6.02%), Calcium: 55.76mg (5.58%), Vitamin K: 5.08µg (4.83%), Folate: 13.8µg (3.45%), Vitamin D: 0.23µg (1.51%)