



Marinated Pork Roast with Currant Sauce



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



6

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 tablespoon mustard dry
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 4 pound rolled pork loin roast boneless
- ☐ 10 ounce currant jelly
- ☐ 0.5 cup cooking sherry
- ☐ 2 tablespoons cooking sherry

- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon soya sauce

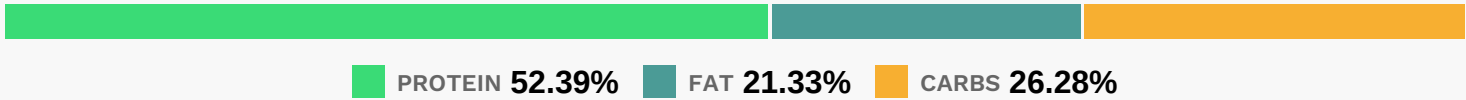
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place roast in re-sealable plastic bag. In a medium mixing bowl, combine 1/2 cup soy sauce, 1/2 cup sherry, garlic, mustard, ginger and thyme.
- ☐ Pour marinade in bag, and seal.
- ☐ Place the bag in a large bowl, and refrigerate for at least 3 hours.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place roast in a medium roasting pan. Roast the pork with marinade uncovered at in preheated oven for 2 1/2 to 3 hours, or until internal temperature reaches 170 degrees F on a meat thermometer . Baste hourly during cooking.
- ☐ Serve with currant sauce.
- ☐ To make currant sauce: In a small saucepan over medium-low heat, slowly melt the currant jelly. Stir in the 2 tablespoons sherry and 1 tablespoon soy sauce.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:17.97, Inflammation Score:-5, Nutrition Score:31.322608870657%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 573.41kcal (28.67%), Fat: 12.79g (19.67%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 35.45g (11.82%), Net Carbohydrates: 34.48g (12.54%), Sugar: 23.64g (26.27%), Cholesterol: 190.51mg (63.5%), Sodium: 1412.59mg (61.42%), Alcohol: 2.58g (100%), Alcohol %: 0.82% (100%), Protein: 70.66g (141.32%), Selenium: 87.68µg (125.25%), Vitamin B6: 2.37mg (118.49%), Vitamin B3: 18.4mg (92.01%), Vitamin B1: 1.37mg (91.6%), Phosphorus: 734.98mg (73.5%), Zinc: 5.7mg (38.02%), Vitamin B2: 0.64mg (37.91%), Potassium: 1250.81mg (35.74%), Vitamin B12: 1.54µg (25.7%), Magnesium: 97.59mg (24.4%), Vitamin B5: 2.37mg (23.75%), Manganese: 0.35mg (17.51%), Iron: 2.86mg (15.89%), Copper: 0.27mg (13.37%), Vitamin D: 1.21µg (8.06%), Vitamin C: 4.64mg (5.62%), Calcium: 39.73mg (3.97%), Fiber: 0.97g (3.88%), Vitamin E: 0.52mg (3.48%), Folate: 11.89µg (2.97%), Vitamin K: 3.04µg (2.9%)