



HEALTH SCORE

84%

Marmalade Glazed Pork Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



625 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2.5 pound pork loin roast boneless



1 tablespoon rosemary fresh chopped



4 servings salt and ground pepper black to taste



1 tablespoon olive oil



0.5 cup orange juice



0.5 cup orange marmalade divided



1 pound parsnips peeled cut into 1-inch wedges



2 onions red cut into 1-inch wedges

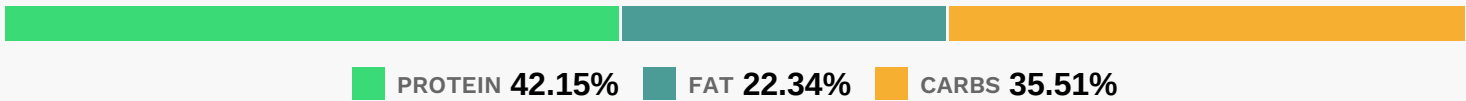
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Place pork roast in a large roasting pan and season liberally with salt and black pepper.
- ☐ Spread half the orange marmalade over the roast; mix the remaining marmalade with rosemary in a large bowl. Stir orange juice and olive oil into rosemary mixture.
- ☐ Combine parsnips and onions in another bowl.
- ☐ Add about 2 tablespoons orange marmalade mixture; toss to coat. Arrange vegetables around pork roast.
- ☐ Bake pork in preheated oven for 30 to 45 minutes.
- ☐ Pour remaining orange juice mixture over pork. Increase oven heat to 450 degrees F (230 degrees C) and continue to cook until pork is slightly pink in the center, 15 to 20 more minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Transfer roast to a cutting board and cover lightly with aluminum foil. Toss vegetables in pan juices and return roasting pan to oven. Continue cooking until juices have thickened and vegetables are browned, about 10 minutes more. Slice pork and serve with vegetables and pan juices.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:10.51, Inflammation Score:-7, Nutrition Score:38.943043501481%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

Nutrients (% of daily need)

Calories: 625.46kcal (31.27%), Fat: 15.5g (23.85%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 48.52g (17.64%), Sugar: 34.38g (38.2%), Cholesterol: 178.6mg (59.53%), Sodium: 175.38mg (7.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.8g (131.61%), Vitamin B6: 2.33mg (116.52%), Selenium: 81.12µg (115.89%), Vitamin B1: 1.41mg (94.23%), Vitamin B3: 17.29mg (86.47%), Phosphorus: 741.68mg (74.17%), Vitamin C: 40.88mg (49.55%), Potassium: 1647.32mg (47.07%), Zinc: 5.9mg (39.35%), Manganese: 0.76mg (37.79%), Vitamin B2: 0.62mg (36.58%), Vitamin B5: 2.93mg (29.3%), Magnesium: 116.93mg (29.23%), Fiber: 6.93g (27.72%), Vitamin K: 28.04µg (26.7%), Folate: 99.89µg (24.97%), Vitamin B12: 1.45µg (24.1%), Copper: 0.37mg (18.72%), Vitamin E: 2.61mg (17.4%), Iron: 2.5mg (13.89%), Calcium: 88.32mg (8.83%), Vitamin D: 1.13µg (7.56%), Vitamin A: 103.07IU (2.06%)