



Orange Ginger Pork Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



6

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds roasted boneless
- 0.5 teaspoon mustard dry
- 0.5 teaspoon ground ginger
- 2 teaspoons juice of lemon
- 0.8 cup orange marmalade

Equipment

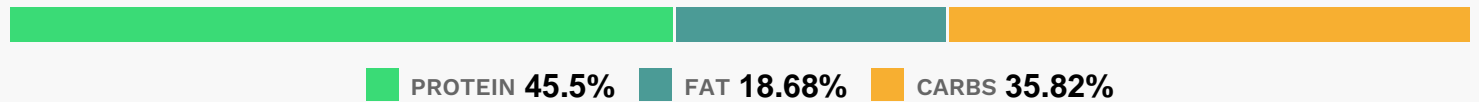
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl, mix orange marmalade, lemon juice, ginger, and mustard.
- Place pork in a medium baking dish.
- Bake 20 to 25 minutes in the preheated oven, then baste with the orange glaze. Continue baking to an internal temperature of 145 degrees F (63 degrees C), about 40 minutes more. Baste with the glaze every 10 minutes while baking.
- Let stand 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:15.54304359829%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 299.75kcal (14.99%), Fat: 6.21g (9.55%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 26.47g (9.63%), Sugar: 24.06g (26.73%), Cholesterol: 95.25mg (31.75%), Sodium: 96.57mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.07%), Selenium: 42.56µg (60.8%), Vitamin B6: 1.15mg (57.58%), Vitamin B1: 0.67mg (44.91%), Vitamin B3: 8.73mg (43.66%), Phosphorus: 343.59mg (34.36%), Zinc: 2.75mg (18.36%), Vitamin B2: 0.29mg (17.28%), Potassium: 585.43mg (16.73%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.14mg (11.37%), Magnesium: 41.18mg (10.3%), Copper: 0.13mg (6.29%), Iron: 0.93mg (5.15%), Vitamin D: 0.6µg (4.03%), Manganese: 0.08mg (3.92%), Vitamin C: 2.58mg (3.12%), Calcium: 23.49mg (2.35%), Vitamin E: 0.23mg (1.54%), Fiber: 0.33g (1.32%), Folate: 4.22µg (1.06%)