



## Pear-Glazed Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**8**

CALORIES



**568 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings apple-bourbon marinade
- 4 lb pork loin roast boneless
- 8 servings fruits and vegetables sliced
- 10 oz pepper jelly
- 3 tablespoons olive oil
- 11.5 oz pear preserves
- 1 teaspoon seasoned pepper
- 1.5 teaspoons salt

## Equipment

- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer

## Directions

- Pour Apple-Bourbon Marinade into a 2-gal. zip-top plastic freezer bag; add pork loin roast. Seal bag, and chill at least 8 hours or up to 24 hours, turning occasionally.
- Remove roast from bag; discard marinade. Pat roast dry with paper towels; sprinkle evenly with salt and seasoned pepper. Brown roast on all sides in hot oil in a roasting pan over medium-high heat.
- Remove roast from pan.
- Arrange sliced fruits and vegetables in a single layer in bottom of pan; return roast to pan. Stir together pear preserves and pepper jelly; brush roast evenly with mixture.
- Bake at 375 for 45 minutes or until a meat thermometer inserted into thickest portion registers 15
- Remove from oven, and let stand 15 minutes before slicing.
- Serve with pan juices.

## Nutrition Facts

 **PROTEIN 36.53%**  **FAT 23.44%**  **CARBS 40.03%**

## Properties

Glycemic Index:19.47, Glycemic Load:17.34, Inflammation Score:-6, Nutrition Score:27.096956688425%

## Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin:

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## Nutrients (% of daily need)

Calories: 568.2kcal (28.41%), Fat: 14.77g (22.73%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 56.76g (18.92%), Net Carbohydrates: 51.64g (18.78%), Sugar: 40.99g (45.55%), Cholesterol: 142.88mg (47.63%), Sodium: 565.61mg (24.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.79g (103.58%), Selenium: 63.59µg (90.84%), Vitamin B6: 1.78mg (88.83%), Vitamin B1: 1.04mg (69.36%), Vitamin B3: 13.63mg (68.16%), Phosphorus: 543.4mg (54.34%), Potassium: 1098.58mg (31.39%), Vitamin B2: 0.51mg (29.81%), Zinc: 4.28mg (28.53%), Fiber: 5.11g (20.45%), Vitamin B12: 1.16µg (19.28%), Magnesium: 72.73mg (18.18%), Vitamin B5: 1.81mg (18.07%), Copper: 0.31mg (15.49%), Vitamin C: 10.35mg (12.55%), Vitamin K: 12.19µg (11.61%), Iron: 1.97mg (10.95%), Vitamin E: 1.26mg (8.38%), Vitamin A: 403.18IU (8.06%), Manganese: 0.14mg (6.82%), Vitamin D: 0.91µg (6.05%), Calcium: 33.2mg (3.32%), Folate: 11.04µg (2.76%)