



Polynesian Pork

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



351 kcal

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.3 cup mango chutney
- ☐ 6 ounce pineapple juice canned
- ☐ 4 pound boston butt pork roast
- ☐ 1 tablespoon salt
- ☐ 8 servings toppings: sesame seeds fresh sweetened flaked toasted chopped
- ☐ 1 large oven bag

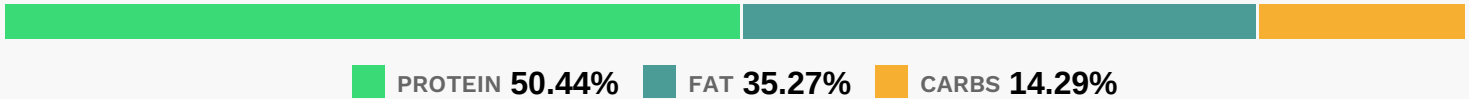
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Add flour to oven bag; twist end, and shake to coat.
- ☐ Sprinkle salt and curry powder evenly over pork; rub evenly with garlic. Cover and chill 30 minutes.
- ☐ Spread chutney evenly over roast.
- ☐ Place roast inside oven bag; pour juice over roast, and twist end of bag. Close bag with tie; cut 6 (1/2-inch) slits in top of bag.
- ☐ Place bag in a roasting pan, tucking ends of bag in the pan.
- ☐ Bake at 350 for 3 1/2 to 4 hours or until tender.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used Reynolds Large Size Oven Bags.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:4.52, Inflammation Score:-3, Nutrition Score:26.335652081863%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 351.01kcal (17.55%), Fat: 13.31g (20.47%), Saturated Fat: 4.81g (30.03%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.52g (4.19%), Sugar: 8.57g (9.52%), Cholesterol: 136.08mg (45.36%), Sodium: 1026.15mg (44.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.81g (85.62%), Selenium: 64.83µg (92.62%), Vitamin B1: 1.3mg (86.52%), Vitamin B6: 1.21mg (60.4%), Vitamin B2: 0.89mg (52.31%), Zinc: 7.68mg (51.19%), Vitamin B3: 10.09mg (50.44%), Phosphorus: 465.09mg (46.51%), Vitamin B5: 3.56mg (35.64%), Vitamin B12:

2.06µg (34.4%), Potassium: 813.54mg (23.24%), Iron: 2.98mg (16.55%), Magnesium: 54.98mg (13.74%), Copper: 0.27mg (13.64%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.62mg (4.11%), Calcium: 39.94mg (3.99%), Vitamin C: 3.08mg (3.73%), Manganese: 0.07mg (3.45%), Fiber: 0.61g (2.43%), Folate: 4.37µg (1.09%)