



 **40%**
HEALTH SCORE

Pork Loin Served With Cranberry Apple Chutney

 **Gluten Free**

READY IN



380 min.

SERVINGS



6

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon allspice
- 1 cup apples diced cored peeled
- 0.5 cup apple juice
- 2 tablespoons brown sugar
- 0.3 cup celery chopped
- 12 ounce cranberries
- 8 ounces cream cheese

- 1 teaspoon curry powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 3 leek white green rinsed chopped well (use the part and an inch of the)
- 1 tablespoon mustard
- 4 tablespoons orange marmalade
- 3 lbs pork loin
- 0.5 cup raisins
- 6 servings salt and pepper
- 0.8 cup sugar
- 0.5 cup water
- 0.8 cup vinegar white

Equipment

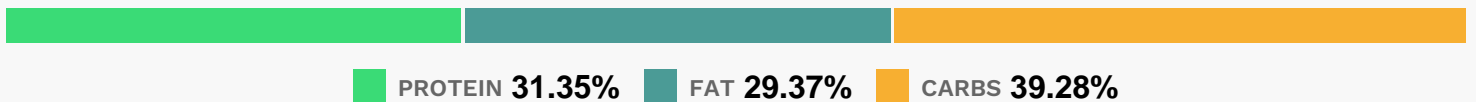
- sauce pan
- stove
- slow cooker

Directions

- Put leeks in the bottom of the slow cooker. Lightly salt and pepper the roast. Rub garlic powder on the roast.
- Place roast in the slow cooker.
- Combine remaining ingredients listed down thru "curry powder" in the cooker and spoon over the roast. Chutney - Ingredients begin with the cranberries In a small saucepan on the stovetop, combine water, juice and sugar. Bring to a boil over medium heat.
- Add other ingredients and bring to a boil. Simmer gently for approximately 10 minutes, stirring often.
- Remove chutney from the heat.

- Pour chutney mixture into the slow cooker covering the pork loin roast. Cook roast on low for 6–8 hours.
- Remove roast from the crockpot, keep warm.
- Pour juices into a medium saucepan on the stovetop.
- Add 1 T. cornstarch with 1 T. cold water and stir until smooth. Stir into the juices and continue cooking for one minute.
- Serve with a dollop of cream cheese.

Nutrition Facts



Properties

Glycemic Index:74.94, Glycemic Load:28.77, Inflammation Score:-8, Nutrition Score:32.558261166448%

Flavonoids

Cyanidin: 26.66mg, Cyanidin: 26.66mg, Cyanidin: 26.66mg, Cyanidin: 26.66mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg, Quercetin: 9.43mg

Nutrients (% of daily need)

Calories: 696.4kcal (34.82%), Fat: 22.78g (35.05%), Saturated Fat: 10.54g (65.9%), Carbohydrates: 68.57g (22.86%), Net Carbohydrates: 63.81g (23.2%), Sugar: 46.71g (51.9%), Cholesterol: 181.06mg (60.35%), Sodium: 480.96mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.71g (109.42%), Selenium: 68.2µg (97.42%), Vitamin B6: 1.92mg (96.2%), Vitamin B1: 1.08mg (71.8%), Vitamin B3: 13.55mg (67.73%), Phosphorus: 594.04mg (59.4%), Potassium: 1208.11mg (34.52%), Vitamin B2: 0.58mg (34.19%), Manganese: 0.64mg (31.87%), Zinc: 4.48mg (29.86%), Vitamin A: 1334.45IU (26.69%), Vitamin K: 27.07µg (25.78%), Magnesium: 88.5mg (22.13%), Vitamin B5: 2.19mg (21.95%), Vitamin B12: 1.24µg (20.66%), Vitamin C: 15.98mg (19.37%), Fiber: 4.76g (19.04%), Iron: 2.98mg (16.57%), Copper: 0.3mg (14.93%), Vitamin E: 1.93mg (12.85%), Calcium: 104.36mg (10.44%), Folate: 37.56µg (9.39%), Vitamin D: 0.91µg (6.05%)