



Pork Roast with Cherry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1 cup chablis wine dry white
- ☐ 0.5 cup cherries dried unsweetened pitted
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons breadcrumbs dry fine
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon ground ginger

- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon pepper
- ☐ 2.5 pound double pork loin roast boneless lean
- ☐ 1 tablespoon water

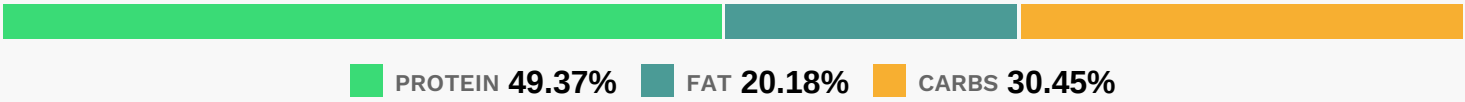
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Untie roast; trim fat from roast. Retie roast.
- ☐ Combine ginger, dry mustard, and pepper; rub mixture over surface of roast.
- ☐ Place roast on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into thickest part of roast, if desired.
- ☐ Place roast in a 450 oven. Reduce heat to 350, and bake 1 hour and 15 minutes.
- ☐ Brush roast with honey, and sprinkle with breadcrumbs.
- ☐ Combine wine and vinegar; pour over roast.
- ☐ Bake, uncovered, an additional 30 minutes or until meat thermometer registers 16
- ☐ Remove roast from pan, reserving drippings.
- ☐ Let roast stand 10 minutes. Skim fat from drippings, and place drippings in a small saucepan. Bring to a boil; add cherries, and simmer 10 minutes.
- ☐ Combine brown sugar, cornstarch, and water; stir well.
- ☐ Add to cherry mixture. Cook, stirring constantly, until thickened.
- ☐ Remove string from roast; cut diagonally across grain into 1/4-inch-thick slices.
- ☐ Serve with cherry sauce.

Nutrition Facts



Properties

Glycemic Index:14.93, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:12.269564943388%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 234.23kcal (11.71%), Fat: 4.75g (7.31%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.42g (5.61%), Sugar: 12.53g (13.92%), Cholesterol: 71.44mg (23.81%), Sodium: 74.62mg (3.24%), Alcohol: 2.47g (100%), Alcohol %: 1.97% (100%), Protein: 26.17g (52.35%), Selenium: 32.32µg (46.17%), Vitamin B6: 0.88mg (43.76%), Vitamin B1: 0.52mg (34.92%), Vitamin B3: 6.7mg (33.5%), Phosphorus: 264.66mg (26.47%), Zinc: 2.12mg (14.15%), Vitamin B2: 0.23mg (13.29%), Potassium: 459.76mg (13.14%), Vitamin B12: 0.59µg (9.76%), Vitamin B5: 0.88mg (8.79%), Magnesium: 34.3mg (8.57%), Manganese: 0.11mg (5.6%), Iron: 0.98mg (5.45%), Vitamin A: 215.76IU (4.32%), Copper: 0.08mg (3.96%), Vitamin D: 0.45µg (3.02%), Fiber: 0.72g (2.9%), Calcium: 23.07mg (2.31%), Vitamin E: 0.16mg (1.03%)