



Pork Roast with Cranberry Chutney

READY IN



45 min.

SERVINGS



10

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 teaspoons brown sugar
- ☐ 3 tablespoons butter divided
- ☐ 0.3 cup cider vinegar
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 2 teaspoons ground ginger
- ☐ 1 tablespoon cracked pepper
- ☐ 2.5 pound double pork loin roast boneless lean
- ☐ 1.5 tablespoons water
- ☐ 16 ounce whole-berry cranberry sauce canned

Equipment

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

Directions

- ☐ Melt 1 tablespoon butter in a large heavy skillet.
- ☐ Add roast; cook 4 minutes on each side or until browned.
- ☐ Remove roast from skillet, and let cool 10 minutes.
- ☐ Transfer roast to a rack in a lightly greased roasting pan.
- ☐ Combine remaining 2 tablespoons butter, flour, and next 4 ingredients.
- ☐ Spread mustard mixture evenly over top and sides of roast. 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 20 minutes or until meat thermometer registers 16
- ☐ Combine cranberry sauce and next 4 ingredients. Bring to a boil over medium heat, stirring frequently. Dissolve cornstarch in water; stir into cranberry mixture. Cook, stirring constantly, until mixture thickens.
- ☐ Remove roast from pan, and let stand 10 minutes.
- ☐ Remove string from roast; cut diagonally across grain into 1/4-inch-thick slices.
- ☐ Serve with cranberry mixture.

Nutrition Facts



 **PROTEIN 34.18%**  **FAT 24.11%**  **CARBS 41.71%**

Properties

Glycemic Index:23.4, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:13.088695666064%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 306.66kcal (15.33%), Fat: 8.18g (12.59%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 30.92g (11.24%), Sugar: 25.94g (28.83%), Cholesterol: 80.47mg (26.82%), Sodium: 105.49mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Selenium: 32.82µg (46.89%), Vitamin B6: 0.87mg (43.68%), Vitamin B1: 0.52mg (34.6%), Vitamin B3: 6.68mg (33.38%), Phosphorus: 263.2mg (26.32%), Manganese: 0.34mg (17.19%), Zinc: 2.11mg (14.04%), Potassium: 475.56mg (13.59%), Vitamin B2: 0.23mg (13.51%), Vitamin B12: 0.59µg (9.76%), Vitamin B5: 0.88mg (8.84%), Magnesium: 34.89mg (8.72%), Iron: 1.12mg (6.2%), Copper: 0.1mg (4.86%), Vitamin E: 0.69mg (4.58%), Fiber: 0.92g (3.67%), Vitamin D: 0.45µg (3.02%), Vitamin A: 129.15IU (2.58%), Calcium: 24.82mg (2.48%), Vitamin K: 2.07µg (1.97%)