



Pork Roast with Fig Sauce

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

READY IN



79 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple juice
- 0.8 teaspoon pepper black divided
- 1.5 pound pork loin roast boneless trimmed
- 1 tablespoon cider vinegar
- 1 teaspoon dijon mustard
- 0.5 cup less-sodium chicken broth fat-free
- 0.5 cup figs dried diced divided finely
- 1.3 teaspoons thyme leaves fresh chopped

- 2 teaspoons olive oil
- 0.8 teaspoon salt divided
- 1 tablespoon shallots minced

Equipment

- food processor
- bowl
- sauce pan
- oven
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 37
- Rub pork with thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- Place pork on a broiler pan coated with cooking spray.
- Bake at 375 for 1 hour or until a thermometer registers 155 (slightly pink).
- Let stand 10 minutes before slicing.
- While pork stands, combine 1/4 cup figs and apple juice in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- Remove from heat; cool slightly.
- Place fig mixture, broth, and next 3 ingredients in a food processor, and process until smooth. Spoon mixture into a small bowl. Stir in shallots, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and remaining 1/4 cup figs.
- Serve immediately with pork.

Nutrition Facts

 **PROTEIN 52.5%**  **FAT 27.86%**  **CARBS 19.64%**

Properties

Glycemic Index:41.79, Glycemic Load:2.68, Inflammation Score:-5, Nutrition Score:12.899565252273%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 201.18kcal (10.06%), Fat: 6.14g (9.45%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 8.29g (3.01%), Sugar: 7.12g (7.92%), Cholesterol: 71.44mg (23.81%), Sodium: 434.88mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.04g (52.08%), Selenium: 32.23µg (46.04%), Vitamin B6: 0.88mg (44.12%), Vitamin B1: 0.52mg (34.63%), Vitamin B3: 6.72mg (33.62%), Phosphorus: 269.21mg (26.92%), Potassium: 539.23mg (15.41%), Zinc: 2.15mg (14.35%), Vitamin B2: 0.23mg (13.6%), Vitamin B12: 0.62µg (10.27%), Magnesium: 40.61mg (10.15%), Vitamin B5: 0.94mg (9.39%), Manganese: 0.14mg (6.77%), Iron: 1.05mg (5.82%), Fiber: 1.45g (5.79%), Copper: 0.11mg (5.72%), Calcium: 31.67mg (3.17%), Vitamin D: 0.45µg (3.02%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.39mg (2.61%), Vitamin C: 1.05mg (1.27%)