



Pork Roast with Sherry-Plum Sauce



Gluten Free



Dairy Free

READY IN



575 min.

SERVINGS



12

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork loin boneless
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup sherry dry
- ☐ 1 tablespoon ground mustard dry ()
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1.3 teaspoons ground ginger
- ☐ 1 teaspoon salt

- ☐ 0.3 teaspoon pepper
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup plums

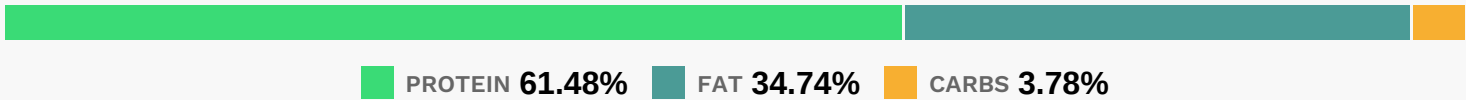
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Trim excess fat from pork.
- ☐ Heat oil in 10-inch skillet over medium-high heat. Cook pork in oil about 10 minutes, turning occasionally, until brown on all sides.
- ☐ Place pork in 3 1/2- to 6-quart slow cooker.
- ☐ Mix remaining ingredients except jam; pour over pork.
- ☐ Cover and cook on low heat setting 7 to 9 hours or until pork is tender.
- ☐ Remove pork from cooker; cover and keep warm. Skim fat from pork juices in cooker if desired. Stir jam into juices.
- ☐ Cover and cook on high heat setting about 15 minutes or until jam is melted; stir.
- ☐ Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:16.183478243973%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg,

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Nutrients (% of daily need)

Calories: 246.12kcal (12.31%), Fat: 8.66g (13.32%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.98g (1.09%), Cholesterol: 95.25mg (31.75%), Sodium: 436.75mg (18.99%), Alcohol: 2.06g (100%), Alcohol %: 1.41% (100%), Protein: 34.47g (68.93%), Selenium: 43.36µg (61.95%), Vitamin B6: 1.17mg (58.67%), Vitamin B1: 0.68mg (45.4%), Vitamin B3: 8.91mg (44.57%), Phosphorus: 355.45mg (35.55%), Zinc: 2.82mg (18.82%), Vitamin B2: 0.3mg (17.41%), Potassium: 609.01mg (17.4%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.17mg (11.68%), Magnesium: 46.26mg (11.57%), Manganese: 0.16mg (7.94%), Iron: 1.11mg (6.17%), Copper: 0.11mg (5.28%), Vitamin K: 4.8µg (4.57%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.43mg (2.87%), Vitamin C: 1.33mg (1.61%), Calcium: 14.84mg (1.48%), Fiber: 0.28g (1.13%)