



HEALTH SCORE

61%

Pork Roast with Sweet Onion-Pumpkin Seed Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



110 min.

SERVINGS



8

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon rosemary fresh minced



4 teaspoons thyme leaves fresh divided minced



1 teaspoon brown sugar light



2 tablespoons olive oil



0.1 teaspoon pepper freshly ground



0.5 teaspoon pepper freshly ground



5 lb pork loin roast bone-in

- ☐ 0.3 cup pumpkin seeds toasted
- ☐ 1.3 teaspoons salt divided
- ☐ 2 lb onions sweet cut into 1/2-inch-thick rings
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 45
- ☐ Sprinkle 1 tsp. salt and 1/2 tsp. pepper over pork; rub rosemary and 1 Tbsp. thyme over pork.
- ☐ Place pork in a lightly greased roasting pan.
- ☐ Toss together onions, olive oil, 1/8 tsp. pepper, and remaining 1/4 tsp. salt until coated. Arrange onions around pork.
- ☐ Bake at 450 for 30 minutes; reduce oven temperature to 37
- ☐ Bake 50 more minutes or until a meat thermometer inserted into thickest portion registers 145, stirring onions once.
- ☐ Transfer pork to a cutting board; cover loosely with aluminum foil, and let stand 10 minutes before slicing.
- ☐ Meanwhile, coarsely chop onions; transfer to a bowl. Stir in vinegar, brown sugar, and remaining 1 tsp. thyme. Stir in pumpkin seeds before serving.
- ☐ Serve pork with relish.

Nutrition Facts



 **PROTEIN 58.62%**  **FAT 32.67%**  **CARBS 8.71%**

Properties

Glycemic Index:14.88, Glycemic Load:0.08, Inflammation Score:-9, Nutrition Score:30.233043385589%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

Nutrients (% of daily need)

Calories: 456.37kcal (22.82%), Fat: 16.12g (24.8%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.31g (3.02%), Sugar: 6.21g (6.9%), Cholesterol: 178.6mg (59.53%), Sodium: 511.93mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.07g (130.13%), Vitamin B6: 2.3mg (114.78%), Selenium: 79.3µg (113.28%), Vitamin B1: 1.31mg (87.24%), Vitamin B3: 16.56mg (82.8%), Phosphorus: 694.68mg (69.47%), Zinc: 5.43mg (36.2%), Potassium: 1222.25mg (34.92%), Vitamin B2: 0.56mg (33.01%), Magnesium: 97.93mg (24.48%), Vitamin B12: 1.45µg (24.1%), Vitamin B5: 2.25mg (22.47%), Copper: 0.26mg (13.19%), Iron: 2.24mg (12.43%), Manganese: 0.24mg (11.9%), Vitamin C: 7.14mg (8.65%), Vitamin D: 1.13µg (7.56%), Folate: 28µg (7%), Vitamin E: 0.94mg (6.27%), Fiber: 1.36g (5.42%), Calcium: 44.02mg (4.4%), Vitamin K: 2.85µg (2.71%), Vitamin A: 57.13IU (1.14%)