



WHATSheATE



Pork with Stuffed Sweet Potatoes



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium sweet potatoes and into
- ☐ 1 pound pork sirloin roast boneless
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange juice

- ☐ 0.5 cup apples chopped
- ☐ 2 tablespoons onion finely chopped
- ☐ 2 tablespoons celery finely chopped

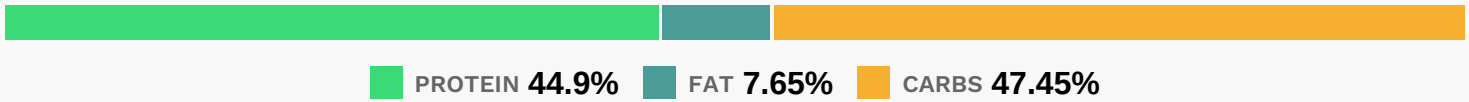
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Pierce sweet potatoes with fork to allow steam to escape.
- ☐ Bake 55 to 60 minutes or until tender. Cool 10 minutes.
- ☐ Meanwhile, remove fat from pork chops.
- ☐ Place pork in ungreased rectangular pan, 13x9x2 inches.
- ☐ Mix salt, paprika, garlic powder and pepper; sprinkle half of the salt mixture over pork. Turn pork; sprinkle with remaining salt mixture.
- ☐ Pour 1/2 cup orange juice into pan; set aside.
- ☐ Cut each sweet potato lengthwise in half. Scoop out pulp, leaving 1/4-inch shell. Mash pulp until no lumps remain. Beat in 2 tablespoons orange juice until light and fluffy. Stir in apple, onion and celery. Fill shells with pulp mixture.
- ☐ Move pork to one end of pan; place sweet potatoes in other end of pan.
- ☐ Bake uncovered about 35 minutes or until sweet potatoes are hot and pork is slightly pink in center.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:14.02, Inflammation Score:-10, Nutrition Score:24.193913418314%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.72mg, Hesperetin: 4.72mg, Hesperetin: 4.72mg, Hesperetin: 4.72mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 254.6kcal (12.73%), Fat: 2.13g (3.28%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 25.7g (9.35%), Sugar: 9.95g (11.05%), Cholesterol: 70.31mg (23.44%), Sodium: 413.64mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Vitamin A: 16198.72IU (323.97%), Vitamin B1: 0.87mg (58.13%), Vitamin B6: 1.05mg (52.65%), Vitamin B3: 8.98mg (44.9%), Selenium: 30.73µg (43.9%), Phosphorus: 327.92mg (32.79%), Vitamin B2: 0.5mg (29.12%), Vitamin C: 23.68mg (28.7%), Potassium: 951.55mg (27.19%), Vitamin B5: 2.03mg (20.3%), Zinc: 2.71mg (18.09%), Manganese: 0.33mg (16.75%), Fiber: 4.06g (16.24%), Magnesium: 63.07mg (15.77%), Copper: 0.27mg (13.7%), Vitamin B12: 0.6µg (10.02%), Iron: 1.75mg (9.74%), Folate: 27.25µg (6.81%), Calcium: 48.42mg (4.84%), Vitamin K: 3.81µg (3.63%), Vitamin E: 0.48mg (3.19%)