



71%
HEALTH SCORE

Quick Savory Cranberry Glazed Pork Loin Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



70 min.

SERVINGS



1

CALORIES



4045 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple jelly
- 4 pound pork loin roast boneless
- 4 cubes chicken bouillon crushed
- 1 tablespoon dijon mustard
- 2 tablespoons thyme leaves fresh chopped
- 2 teaspoons garlic powder
- 1 teaspoon ground pepper black

- 1 teaspoon horseradish prepared
- 1 teaspoon salt
- 14.5 ounce berry cranberry sauce whole canned

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- pastry brush

Directions

- Preheat an oven to 425 degrees F (220 degrees C).
- Combine the cranberry sauce, apple jelly, mustard, crushed bouillon, horseradish, garlic powder, and thyme in a saucepan; bring to a boil.
- Line a large baking pan with foil.
- Place pork loin in pan, fat side up.
- Sprinkle evenly with salt and pepper. Use a pastry brush and a small spoon to completely coat the pork with sauce.
- Cook until the pork is no longer pink in the center, and an instant-read thermometer inserted into the center reads 145 degrees F (63 degrees C), about 45 minutes, basting every 10 minutes with remaining sauce.

Nutrition Facts



PROTEIN 41.62% **FAT 17.06%** **CARBS 41.32%**

Properties

Glycemic Index:204, Glycemic Load:128.07, Inflammation Score:-10, Nutrition Score:69.890869555266%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 6.42mg, Luteolin: 6.42mg, Luteolin: 6.42mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 11.1mg, Myricetin: 11.1mg, Myricetin: 11.1mg, Myricetin: 11.1mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

Nutrients (% of daily need)

Calories: 4044.5kcal (202.22%), Fat: 75.41g (116.02%), Saturated Fat: 22.86g (142.87%), Carbohydrates: 410.77g (136.92%), Net Carbohydrates: 398.69g (144.98%), Sugar: 296.4g (329.34%), Cholesterol: 1143.05mg (381.02%), Sodium: 3551.17mg (154.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 413.88g (827.76%), Selenium: 517.82µg (739.75%), Vitamin B6: 13.99mg (699.59%), Vitamin B1: 8.22mg (547.84%), Vitamin B3: 105.2mg (526%), Phosphorus: 4224.08mg (422.41%), Vitamin B2: 3.83mg (225.12%), Zinc: 33.59mg (223.91%), Potassium: 7381.58mg (210.9%), Vitamin B12: 9.25µg (154.22%), Vitamin B5: 13.76mg (137.65%), Magnesium: 532.69mg (133.17%), Iron: 16.41mg (91.14%), Copper: 1.65mg (82.58%), Vitamin C: 57.82mg (70.09%), Manganese: 1.14mg (56.95%), Vitamin D: 7.26µg (48.38%), Fiber: 12.08g (48.31%), Vitamin E: 6.7mg (44.69%), Calcium: 255.28mg (25.53%), Vitamin A: 859.48IU (17.19%), Folate: 54.91µg (13.73%), Vitamin K: 9.34µg (8.9%)