

Roast Pork with Apple and Onion Gravy

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apples peeled chopped
- 3 pound pork loin boneless
- 1 teaspoon lemon pepper
- 1 small onion chopped
- 10.5 ounce fatty pork canned
- 1 tablespoon vegetable oil

Equipment

- frying pan

- roasting pan
- cutting board

Directions

- Season the pork with the lemon pepper.
- Place the pork into a roasting pan. Roast at 325 degrees F for 1 hour 45 minutes or until the pork is cooked through.
- Remove the pork to a cutting board.
- Let stand for 10 minutes before slicing.
- Heat the oil in the roasting pan over medium-high heat.
- Add the apple and onion and cook until tender, stirring occasionally.
- Add the gravy and cook until the mixture is hot and bubbling, stirring to scrape up the browned bits from the bottom of the pan.
- Serve the gravy with the pork.

Nutrition Facts

PROTEIN 53.15% **FAT 44.39%** **CARBS 2.46%**

Properties

Glycemic Index:11.38, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:20.699130150935%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 345.61kcal (17.28%), Fat: 16.52g (25.42%), Saturated Fat: 5.32g (33.25%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.19g (1.32%), Cholesterol: 133.95mg (44.65%), Sodium: 104.66mg (4.55%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 44.51g (89.02%), Selenium: 56.33µg (80.47%), Vitamin B6: 1.44mg (72.06%), Vitamin B1: 1.03mg (68.77%), Vitamin B3: 11.41mg (57.03%), Phosphorus: 451.63mg (45.16%), Zinc: 3.9mg (26.01%), Vitamin B2: 0.41mg (24.14%), Potassium: 767.41mg (21.93%), Vitamin B12: 1.13µg (18.8%), Vitamin B5: 1.53mg (15.35%), Magnesium: 52.99mg (13.25%), Iron: 1.3mg (7.21%), Copper: 0.12mg (6.21%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.74µg (3.56%), Manganese: 0.06mg (3.08%), Vitamin E: 0.38mg (2.52%), Calcium: 17.3mg (1.73%), Fiber: 0.4g (1.6%), Vitamin C: 1.27mg (1.54%)