



Roast Pork with Apples and Sweet Potatoes



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 6 tablespoons butter melted
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon pepper
- ☐ 2 cups apples red sliced
- ☐ 2.5 cups sweet potatoes and into peeled thinly sliced

- ☐ 0.5 cup onion chopped
- ☐ 2 lb pork tenderloin

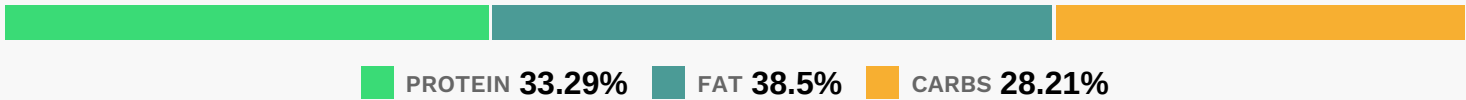
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 425°F. In medium bowl, mix brown sugar, butter, vinegar, salt, garlic powder and pepper. Reserve 2 tablespoons of the butter mixture.
- ☐ Add apples, sweet potatoes and onion to remaining butter mixture; toss to coat. Arrange apple mixture in roasting pan or 13x9-inch (3-quart) glass baking dish. Cover tightly with foil and bake 20 minutes.
- ☐ Meanwhile, brush pork with reserved butter mixture.
- ☐ Heat 10-inch nonstick skillet over medium-high heat until hot. Cook pork in skillet about 3 minutes, turning to brown all sides evenly.
- ☐ Place pork on apple mixture.
- ☐ Bake uncovered 30 to 40 minutes or until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:26.940434911977%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 393.36kcal (19.67%), Fat: 16.73g (25.73%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 24.62g (8.95%), Sugar: 16.12g (17.92%), Cholesterol: 98.28mg (32.76%), Sodium: 632.53mg (27.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.09%), Vitamin A: 8389.45IU (167.79%), Vitamin B1: 1.54mg (102.92%), Selenium: 46.39µg (66.28%), Vitamin B6: 1.32mg (65.76%), Vitamin B3: 10.37mg (51.87%), Phosphorus: 406.99mg (40.7%), Vitamin B2: 0.56mg (33.15%), Potassium: 870.18mg (24.86%), Zinc: 3.05mg (20.31%), Vitamin B5: 1.78mg (17.79%), Magnesium: 59.95mg (14.99%), Vitamin B12: 0.8µg (13.34%), Copper: 0.24mg (12.15%), Fiber: 2.95g (11.82%), Manganese: 0.23mg (11.64%), Iron: 1.99mg (11.04%), Vitamin E: 0.99mg (6.61%), Vitamin C: 4.26mg (5.17%), Calcium: 44.42mg (4.44%), Vitamin D: 0.45µg (3.02%), Folate: 10.26µg (2.56%), Vitamin K: 2.24µg (2.13%)