



Roast Pork with Citrus Molasses Au Jus

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 1.5 cups chicken broth organic swanson® (regular, Natural or Certified)
- 1 tablespoon cornstarch
- 2 tablespoons blackstrap molasses
- 2 tablespoons orange juice
- 2 medium oranges peeled cut into sections
- 1 pound pork tenderloin whole
- 0.3 cup shallots chopped

- 0.5 teaspoon thyme leaves dried crushed
- 2 teaspoons vegetable oil

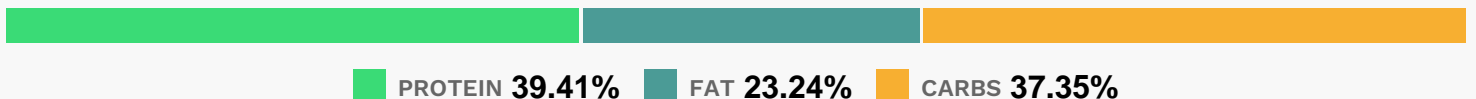
Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 425 degrees F.
- Brush pork with 1 teaspoon oil.
- Sprinkle with rosemary and black pepper, if desired.
- Place in roasting pan.
- Roast for 20 minutes or until temperature reads 145 degrees F (63 degrees C), on meat thermometer.
- Remove pork from pan and let stand 10 minutes.
- Mix cornstarch, broth, orange juice, molasses and brown sugar until smooth. Set aside.
- Heat remaining oil in medium saucepan over medium heat.
- Add shallots and cook until tender. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Stir in oranges and heat through.
- Serve with pork.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:6.96, Inflammation Score:-6, Nutrition Score:20.863043515579%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg Naringenin: 10.22mg, Naringenin: 10.22mg, Naringenin: 10.22mg, Naringenin: 10.22mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 254.57kcal (12.73%), Fat: 6.56g (10.09%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.65g (7.87%), Sugar: 18.76g (20.85%), Cholesterol: 75.47mg (25.16%), Sodium: 392.5mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.07%), Vitamin B1: 1.21mg (80.65%), Selenium: 37.1µg (53%), Vitamin B6: 1.03mg (51.48%), Vitamin C: 40.29mg (48.83%), Vitamin B3: 8.03mg (40.17%), Phosphorus: 302.06mg (30.21%), Vitamin B2: 0.47mg (27.42%), Potassium: 796.63mg (22.76%), Magnesium: 66.65mg (16.66%), Zinc: 2.32mg (15.49%), Manganese: 0.27mg (13.67%), Vitamin B5: 1.26mg (12.64%), Iron: 1.93mg (10.71%), Copper: 0.21mg (10.58%), Vitamin B12: 0.61µg (10.12%), Fiber: 2.09g (8.34%), Folate: 27.3µg (6.82%), Calcium: 66.13mg (6.61%), Vitamin K: 4.26µg (4.06%), Vitamin E: 0.6mg (3.97%), Vitamin A: 169.39IU (3.39%), Vitamin D: 0.34µg (2.27%)