



Roast Pork with Citrus Molasses Au Jus



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin roast boneless
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 cup chicken broth
- ☐ 1.5 cups chicken broth organic swanson® (regular, Natural or Certified)
- ☐ 1 tablespoon cornstarch
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons blackstrap molasses
- ☐ 0.5 cup orange juice
- ☐ 2 tablespoons orange juice
- ☐ 1.5 teaspoons orange peel grated
- ☐ 2 medium oranges peeled cut into sections
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound pork tenderloin whole
- ☐ 0.3 cup shallots chopped
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon thyme leaves dried crushed
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons vegetable oil

Equipment

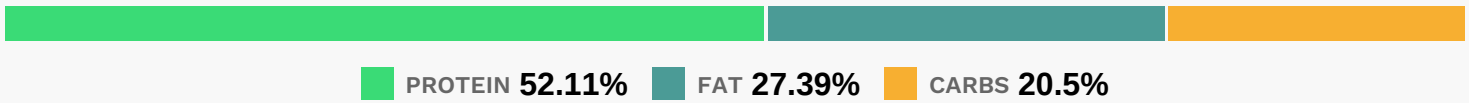
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

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:103.15, Glycemic Load:12.88, Inflammation Score:-8, Nutrition Score:44.306086954863%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 23.65mg, Hesperetin: 23.65mg, Hesperetin: 23.65mg, Hesperetin: 23.65mg Naringenin: 10.98mg, Naringenin: 10.98mg, Naringenin: 10.98mg, Naringenin: 10.98mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 807.64kcal (40.38%), Fat: 24.04g (36.98%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 37.96g (13.8%), Sugar: 27.97g (31.08%), Cholesterol: 290.97mg (96.99%), Sodium: 1281.29mg (55.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.91g (205.81%), Selenium: 132.13µg (188.76%), Vitamin B1: 2.77mg (184.51%), Vitamin B6: 3.64mg (182.11%), Vitamin B3: 28.23mg (141.17%), Phosphorus: 1090.77mg (109.08%), Vitamin C: 59.78mg (72.46%), Vitamin B2: 1.16mg (68.5%), Potassium: 2180.68mg (62.31%), Zinc: 8.58mg (57.21%), Magnesium: 164.8mg (41.2%), Vitamin B12: 2.35µg (39.23%), Vitamin B5: 3.92mg (39.16%), Manganese: 0.49mg (24.52%), Iron: 4.36mg (24.24%), Copper: 0.45mg (22.74%), Vitamin K: 12.9µg (12.29%), Vitamin D: 1.7µg (11.34%), Folate: 40.51µg (10.13%), Fiber: 2.52g (10.09%), Calcium: 96.03mg (9.6%), Vitamin E: 1.38mg (9.19%), Vitamin A: 241.67IU (4.83%)