



HEALTH SCORE

79%

Roast Pork with Dried Fruits and Squash



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds acorn squash cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup apricots dried
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 5 pound pork loin roast bone-in
- ☐ 0.5 cup prune- cut to pieces pitted
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 2 cups water hot

Equipment

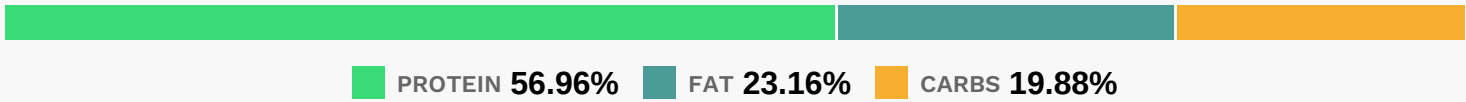
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ colander
- ☐ broiler pan

Directions

- ☐ Combine first 3 ingredients; cover and let stand 30 minutes or until soft.
- ☐ Drain in a colander over a bowl; reserve liquid.
- ☐ Combine fruit and cinnamon; set aside.
- ☐ Preheat oven to 425
- ☐ Trim fat from pork.
- ☐ Cut a 1 1/2-inch-wide horizontal slit through the center of the pork to form a pocket using a long, thin knife. Stuff the apricot mixture into the pocket using the handle of a wooden spoon to help push the apricot mixture to the center of pork.
- ☐ Place the pork on a broiler pan; insert meat thermometer into thickest portion of pork.
- ☐ Combine sugar, ginger, salt, and pepper.
- ☐ Pour 1/2 cup reserved liquid over pork; sprinkle with sugar mixture.
- ☐ Bake at 425 for 20 minutes. Reduce oven temperature to 325 (do not remove pork from oven); bake at 325 for 25 minutes. Arrange the squash around pork.
- ☐ Bake at 325 an additional 45 minutes or until the thermometer registers 160 (slightly pink), basting pork with remaining liquid every 15 minutes.
- ☐ Place pork on a serving platter; cover with foil.

Let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:5.81, Inflammation Score:-8, Nutrition Score:38.414347814477%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 613.81kcal (30.69%), Fat: 15.58g (23.98%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 26.46g (9.62%), Sugar: 13.32g (14.79%), Cholesterol: 238.14mg (79.38%), Sodium: 484.72mg (21.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.24g (172.49%), Vitamin B6: 3.07mg (153.74%), Selenium: 105.58µg (150.82%), Vitamin B1: 1.84mg (122.83%), Vitamin B3: 23.07mg (115.34%), Phosphorus: 909.36mg (90.94%), Potassium: 2042.3mg (58.35%), Zinc: 7.07mg (47.14%), Vitamin B2: 0.75mg (44.35%), Magnesium: 145.16mg (36.29%), Vitamin B5: 3.39mg (33.89%), Vitamin B12: 1.93µg (32.13%), Copper: 0.39mg (19.31%), Vitamin A: 920.8IU (18.42%), Iron: 3.29mg (18.25%), Manganese: 0.33mg (16.3%), Vitamin C: 12.69mg (15.38%), Fiber: 3.64g (14.55%), Vitamin D: 1.51µg (10.08%), Vitamin K: 9.15µg (8.72%), Calcium: 73.17mg (7.32%), Vitamin E: 1.03mg (6.86%), Folate: 21µg (5.25%)