



Roast Pork with Fresh Pear Salsa

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



50

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.7 cup balsamic vinaigrette dressing divided kraft
- 0.5 tsp pepper red crushed
- 0.5 cup parsley fresh divided chopped
- 4 cloves garlic finely chopped
- 1.3 tsp ground cumin divided
- 3 large pears fresh red finely chopped
- 4 lb center-cut pork loin roast boneless
- 0.5 cup planters walnuts toasted coarsely chopped

Equipment

- oven
- baking pan
- roasting pan

Directions

- Heat oven to 350F.
- Combine pears, nuts, crushed pepper, 1/4 cup parsley, 1/3 cup dressing and 1/4 tsp. cumin. Refrigerate until ready to use.
- Mix remaining parsley, dressing, cumin and garlic until blended.
- Place roast in roasting pan or shallow baking dish; brush with dressing mixture.
- Bake 1 hr. and 20 min. or until done (145 F).
- Remove roast from oven.
- Let stand 10 min. Slice half the roast; serve with half of the pear salsa. Cool remaining meat, then shred and refrigerate to use the next day (with the remaining salsa) to prepare Pork Tostadas with Pear Salsa (see Tip).

Nutrition Facts

 **PROTEIN 44.83%**  **FAT 41.2%**  **CARBS 13.97%**

Properties

Glycemic Index:2.47, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:4.6969565852829%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 75.77kcal (3.79%), Fat: 3.43g (5.28%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.49g (1.66%), Cholesterol: 22.86mg (7.62%), Sodium: 47.05mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Selenium: 10.16µg (14.52%), Vitamin B6: 0.29mg (14.42%), Vitamin B1: 0.17mg (11.18%), Vitamin B3: 2.13mg (10.67%), Vitamin K: 10.51µg (10.01%), Phosphorus: 88.38mg (8.84%), Zinc: 0.72mg (4.77%), Potassium: 162.45mg (4.64%), Vitamin B2: 0.07mg (4.38%), Magnesium: 12.82mg (3.21%), Vitamin B12: 0.19µg (3.08%), Vitamin B5: 0.29mg (2.88%), Manganese: 0.06mg (2.8%), Copper: 0.05mg (2.66%), Fiber: 0.54g (2.17%), Iron: 0.33mg (1.85%), Vitamin C: 1.49mg (1.8%), Vitamin A: 60.81IU (1.22%)