



Scuppernong-Orange Glazed Pork Loin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound pork loin roast boneless trimmed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup scuppernong-orange glaze divided
- ☐ 1 teaspoon salt

Equipment

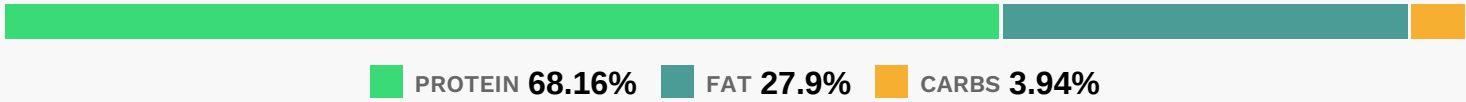
- ☐ oven
- ☐ kitchen thermometer

☐ broiler pan

Directions

- ☐ Stir together first 3 ingredients; rub over roast.
- ☐ Place roast on a lightly greased rack in a broiler pan.
- ☐ Brush with half of glaze.
- ☐ Bake at 325 for 1 hour.
- ☐ Brush with remaining glaze.
- ☐ Bake 30 more minutes or until a meat thermometer inserted into thickest portion registers 160.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:11.834347798772%

Flavonoids

Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 155.68kcal (7.78%), Fat: 4.64g (7.14%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 1.14g (0.42%), Sugar: 1.07g (1.18%), Cholesterol: 71.44mg (23.81%), Sodium: 346.31mg (15.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.05%), Selenium: 31.49µg (44.98%), Vitamin B6: 0.87mg (43.32%), Vitamin B1: 0.51mg (34.18%), Vitamin B3: 6.56mg (32.79%), Phosphorus: 257.28mg (25.73%), Zinc: 2.05mg (13.7%), Potassium: 448.71mg (12.82%), Vitamin B2: 0.22mg (12.82%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.87mg (8.75%), Magnesium: 31.02mg (7.75%), Vitamin C: 6.08mg (7.37%), Copper: 0.07mg (3.66%), Iron: 0.65mg (3.6%), Vitamin D: 0.45µg (3.02%), Vitamin A: 78.01IU (1.56%), Manganese: 0.03mg (1.5%), Vitamin E: 0.21mg (1.38%), Fiber: 0.34g (1.34%), Calcium: 11.09mg (1.11%)