



Seasoned Thyme Pork Roast

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



50

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apple juice
- 3 lb pork loin roast boneless
- 0.5 cup brown sugar barbecue sauce sweet kraft
- 6 granny smith apples sliced
- 3 Tbsp oil
- 2 onions sliced
- 0.5 cup prune- cut to pieces pitted
- 2 Tbsp thyme leaves dried

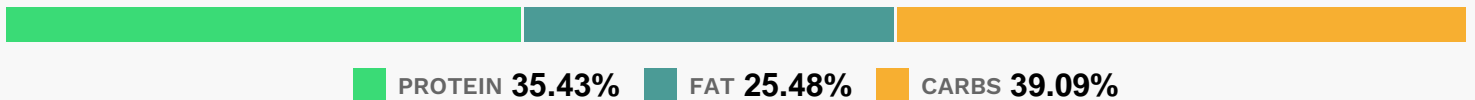
Equipment

- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350F.
- Heat oil in large ovenproof Dutch oven or large deep skillet on medium-high heat.
- Add meat and onions; cook 3 min. or until evenly browned on all sides, turning meat as needed and stirring onions occasionally.
- Mix barbecue sauce, apple juice and thyme until blended; pour over ingredients in pan. Cover with lid; simmer on medium-low heat 10 min.
- Transfer to oven.
- Bake 1-1/2 hours or until meat is done (145F), adding apples and prunes to the pan after 1 hour.
- Remove from oven.
- Let meat stand 3 min. before slicing to serve with the fruit mixture.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:3.4743478427763%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 69.86kcal (3.49%), Fat: 2g (3.08%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.37g (5.97%), Cholesterol: 17.15mg (5.72%), Sodium: 14.46mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin B6: 0.23mg (11.27%), Selenium: 7.59µg (10.85%), Vitamin B1: 0.13mg (8.51%), Vitamin B3: 1.63mg (8.15%), Phosphorus: 66.59mg (6.66%), Potassium: 150.2mg (4.29%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.52mg (3.46%), Fiber: 0.76g (3.06%), Magnesium: 10.03mg (2.51%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.14µg (2.31%), Vitamin C: 1.8mg (2.18%), Vitamin K: 2.13µg (2.03%), Copper: 0.03mg (1.55%), Vitamin E: 0.23mg (1.53%), Iron: 0.26mg (1.47%), Manganese: 0.03mg (1.38%)