



 **51%**
HEALTH SCORE

Sicilian Pineapple Pork Roast

 **Gluten Free**  **Dairy Free**

READY IN



175 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.4 ounce canned tomatoes diced canned
- 1 teaspoon sage dried
- 2 tablespoons rosemary fresh divided chopped
- 5 small garlic cloves peeled sliced
- 2 tablespoons olive oil
- 15 ounce pineapple chunks drained canned
- 4 pound pork shoulder roast bone-in trimmed
- 6 servings salt and pepper to taste

1 large vidalia onion thinly sliced

Equipment

frying pan

oven

knife

roasting pan

Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat the olive oil in a large skillet over a medium heat. Stir in 1 tablespoon fresh rosemary and sage.

Place roast in the skillet, and turn to brown on all sides.

Transfer to a roasting pan.

Pierce holes in top of roast using small knife, and insert garlic slices.

Pour tomatoes, pineapple, and onion slices over the roast.

Sprinkle with remaining rosemary, salt, and pepper.

Cover and cook in the preheated oven for 30 minutes. Lower oven temperature to 300 degrees F (150 degrees C), and continue to cook 2 hours or until internal temperature of roast reaches a minimum of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:26.549130377562%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol:

0.64mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 400.86kcal (20.04%), Fat: 18.2g (28.01%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 21.13g (7.04%), Net Carbohydrates: 18.26g (6.64%), Sugar: 15.9g (17.66%), Cholesterol: 123.59mg (41.2%), Sodium: 429.61mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.16g (76.33%), Vitamin B1: 1.78mg (118.8%), Selenium: 55.74µg (79.63%), Vitamin B6: 1.03mg (51.31%), Vitamin B3: 9.02mg (45.08%), Phosphorus: 418.52mg (41.85%), Zinc: 6.15mg (41.03%), Vitamin B2: 0.64mg (37.9%), Potassium: 996.64mg (28.48%), Vitamin B12: 1.55µg (25.82%), Vitamin C: 17.98mg (21.79%), Copper: 0.42mg (21%), Iron: 3.6mg (19.98%), Vitamin B5: 1.78mg (17.8%), Magnesium: 69.25mg (17.31%), Manganese: 0.24mg (11.89%), Fiber: 2.86g (11.46%), Vitamin E: 1.55mg (10.34%), Folate: 35.15µg (8.79%), Calcium: 78.41mg (7.84%), Vitamin K: 7.41µg (7.05%), Vitamin A: 214.04IU (4.28%)