



 **62%**
HEALTH SCORE

Succulent Pork Roast

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



190 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons brown sugar
- 8 cloves garlic peeled cut in half
- 10 ounce maraschino cherries with juice
- 5 pounds roasted bone-in
- 0.3 cup water

Equipment

- bowl
- oven

- knife
- roasting pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Rinse and pat dry the pork roast.
- Cut deep slits all over the roast with a sharp knife to different depths. Press pieces of garlic into the slits. In a small bowl, mix together the water, brown sugar, and the maraschino cherries with their juice.
- Place the roast in an oven bag, and pour the cherry mixture over. Seal the bag, and place in a roasting pan.
- Bake for 3 hours in the preheated oven, or until the internal temperature of the roast is at least 145 degrees F (63 degrees C).
- Remove from bag to a serving plate, and baste with the juices.
- Let stand for 15 minutes before carving and serving.

Nutrition Facts

■ PROTEIN **57.88%** ■ FAT **23.7%** ■ CARBS **18.42%**

Properties

Glycemic Index:5, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:33.198260959886%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 605.67kcal (30.28%), Fat: 15.47g (23.79%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.46g (9.26%), Sugar: 24.19g (26.88%), Cholesterol: 238.14mg (79.38%), Sodium: 189.96mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85g (170%), Selenium: 105.44µg (150.63%), Vitamin B6: 2.91mg (145.41%), Vitamin B1: 1.68mg (112.17%), Vitamin B3: 21.75mg (108.76%), Phosphorus: 858.26mg (85.83%), Zinc: 6.98mg (46.51%), Vitamin B2: 0.71mg (41.84%), Potassium: 1447.64mg (41.36%), Vitamin B12: 1.93µg (32.13%), Vitamin B5: 2.87mg (28.73%), Magnesium: 101.81mg (25.45%), Copper: 0.3mg (15.16%), Iron: 2.35mg (13.08%), Vitamin D: 1.51µg (10.08%), Fiber: 1.6g (6.38%), Calcium: 56.93mg (5.69%), Manganese: 0.1mg (5.14%), Vitamin E: 0.52mg (3.45%), Vitamin C: 1.25mg (1.51%)