

PORK LOIN WITH CRAN-ORANGE GLAZE

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving = 1 slice)

Nutrition (per serving)

Calories: 224

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 288 mg

Total Carbohydrate: 17 g

Dietary Fiber: 1 g

Protein: 27 g

Ingredients

- 2-3 pound boneless pork loin roast
- ½ of 14 ounce can whole cranberry sauce
- 3 Tablespoons sugar-free orange marmalade (choose gluten free for GF version)
- ¼ cup 100% cranberry juice
- 1 teaspoon brown sugar
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- 1/8 teaspoon salt



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Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Fill 9 x 13" baking dish with water 1 inch from the bottom. Place small baking rack in bottom of dish and set roast on top. Cover baking dish tightly with foil. Bake for about 1 hour or until thermometer reaches 145 degrees. Let rest for 5 minutes before serving and trim off fat before slicing.
3. In a small saucepan, mix together cranberry sauce, orange marmalade, brown sugar, chili powder, garlic powder and salt. Bring to a boil. Reduce heat to medium-low and simmer for 7-8 minutes or until thickened.
4. Pour sauce over pork before serving.