

Pork Loin with Raisin Sauce

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Servings: 10

*1 five pound boneless pork loin roast
5 cloves garlic, thinly sliced
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons vegetable oil
1/2 cup firmly packed brown sugar
1/4 cup water
1/2 cup golden raisins
2 tablespoons vinegar
1 tablespoon butter
3/4 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon ground cloves
1/8 teaspoon ground mace
1/2 cup jellied cranberry sauce*

Preheat the oven to 325 degrees.

Cut slits in the pork loin roast. Push garlic slices into each slit. Rub the pork loin with salt and pepper. Brown on all sides in hot vegetable oil. Place in a large, lightly greased roasting pan.

Bake for one hour and 45 minutes or until a meat thermometer inserted into the thickest portion of pork registers 155 degrees. Let stand for 10 minutes before serving.

To make the raisin sauce: In a small saucepan, stir together the brown sugar, water, raisins, vinegar, butter, Worcestershire sauce, salt, pepper, cloves, mace and cranberry sauce. Heat over low heat, stirring until the cranberry sauce melts. Serve warm.

Per Serving (excluding unknown items): 104 Calories; 4g Fat (32.4% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 181mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	trace
% Calories from Fat:	32.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	66.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	1mcg
			trace

Saturated Fat (g): 1g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 3mg
Carbohydrate (g): 18g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 181mg
Potassium (mg): 113mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 48IU
Vitamin A (r.e.): 11RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 104 **Calories from Fat:** 34

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	3mg	1%
Sodium	181mg	8%
Total Carbohydrates	18g	6%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		1%
Vitamin C		2%
Calcium		2%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.