

Easy Brown Sugar Pork Roast

*Shirley O. Corriber - Cookwise: The Hows and Whys of Successful Cooking
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Servings: 10

*1 (3 to 5 pound) pork shoulder
1/3 cup Worcestershire sauce
3/4 cup light brown sugar
1/2 teaspoon dried thyme
1/2 teaspoon pepper
1/2 cup water or apple juice
1 teaspoon salt*

Preheat the oven to 400 degrees.

Place the pork in a roasting pan. Pour the Worcestershire over the pork.

In a bowl, combine the sugar, thyme and pepper. Pat the sugar mixture over the meat to form a sort of crust. Pour the water or juice into the bottom of the pan.

Place the pork in the oven and immediately reduce the temperature to 250 degrees. Cook for four hours, uncovered, or until a meat thermometer registers 160 degrees.

Remove the meat from the pan. Add salt to the juices and serve with sliced or pulled pork.

Per Serving (excluding unknown items): 54 Calories; 1g Fat (8.4% calories from fat); 1g Protein; 12g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 297mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	trace
% Calories from Fat:	8.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	86.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	2mg
Carbohydrate (g):	12g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	297mg
Potassium (mg):	111mg
Calcium (mg):	21mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	12IU
Vitamin A (r.e.):	3RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 54	Calories from Fat: 5
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% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 2mg	1%
Sodium 297mg	12%
Total Carbohydrates 12g	4%
Dietary Fiber trace	0%
Protein 1g	
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Vitamin A	0%
Vitamin C	24%
Calcium	2%
Iron	5%

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