

# Sweet and Sour Pork II

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

4 pounds boneless pork roast  
salt (to taste)  
pepper (to taste)  
rosemary (to taste)  
1/4 cup honey  
1/2 cup ketchup  
1/2 cup soy sauce  
3 cloves garlic, pressed

Preheat the oven to 350 degrees.

Generously salt and pepper the roast. Season, sparingly, with rosemary.

In a bowl, make a sauce by combining the honey, ketchup, soy sauce and garlic.

Place the roast in a heavy-duty foil-lined pan. Add two to three tablespoons of the sauce. Cover.

Bake for 30 minutes per pound. About 30 minutes before the roast is done, uncover and baste with sauce.

Serve extra sauce as gravy.

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Per Serving (excluding unknown items): 472 Calories; 1g Fat (1.0% calories from fat); 10g Protein; 118g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 9658mg Sodium. Exchanges: 3 1/2 Vegetable; 7 Other Carbohydrates.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	472	Vitamin B6 (mg):	.5mg
% Calories from Fat:	1.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	42mcg
Saturated Fat (g):	trace	Niacin (mg):	7mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	118g
Dietary Fiber (g):	3g
Protein (g):	10g
Sodium (mg):	9658mg
Potassium (mg):	917mg
Calcium (mg):	69mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	21mg
Vitamin A (i.u.):	1219IU
Vitamin A (r.e.):	122 1/2RE

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

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	7

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## Nutrition Facts

### Amount Per Serving

Calories	472	Calories from Fat:	4
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### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	9658mg	402%
<b>Total Carbohydrates</b>	118g	39%
Dietary Fiber	3g	12%
<b>Protein</b>	10g	
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<b>Vitamin A</b>		24%
<b>Vitamin C</b>		35%
<b>Calcium</b>		7%
<b>Iron</b>		23%

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