



Apricot-Glazed Pork Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 pound rolled

Equipment

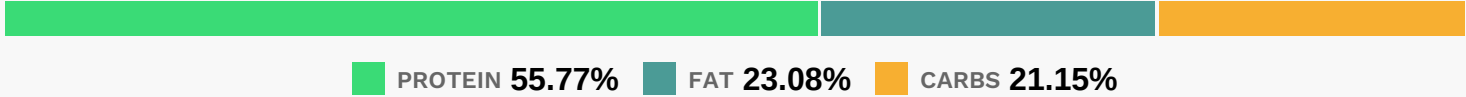
- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer

☐ broiler pan

Directions

- ☐ Preheat oven to 32
- ☐ Unroll roast; trim fat. Reroll roast; secure at 1-inch intervals with heavy string.
- ☐ Combine preserves, mustard, and thyme in a bowl; stir.
- ☐ Brush 1 tablespoon apricot mixture over roast.
- ☐ Place on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of roast.
- ☐ Bake at 325 for 1 hour and 45 minutes or until meat thermometer registers 160 (slightly pink), basting once with apricot mixture.
- ☐ Let stand 15 minutes before slicing.
- ☐ Bring remaining apricot mixture to a boil; reduce heat, and cook 2 minutes.
- ☐ Serve with roast.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:15.532173971119%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 249.28kcal (12.46%), Fat: 6.27g (9.65%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 12.71g (4.62%), Sugar: 8.59g (9.55%), Cholesterol: 95.25mg (31.75%), Sodium: 109.56mg (4.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.23%), Selenium: 43.13µg (61.62%), Vitamin B6: 1.15mg (57.41%), Vitamin B1: 0.68mg (45.03%), Vitamin B3: 8.72mg (43.58%), Phosphorus: 343.82mg (34.38%), Zinc: 2.76mg (18.4%), Vitamin B2: 0.29mg (17.02%), Potassium: 585.77mg (16.74%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.14mg (11.38%), Magnesium: 41.67mg (10.42%), Iron: 1.16mg (6.44%), Copper: 0.11mg (5.53%), Vitamin D: 0.6µg (4.03%), Vitamin K: 2.89µg (2.76%), Vitamin C: 1.83mg (2.22%), Manganese: 0.04mg (2.1%), Calcium: 16.23mg

(1.62%), Vitamin E: 0.24mg (1.62%)