



Bacon Wrapped Roast Pork



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon (I used maple bacon)
- ☐ 2 tablespoons maple syrup
- ☐ 3 pounds pork loin
- ☐ 2 tablespoons steak seasoning (I used Montreal steak seasoning)

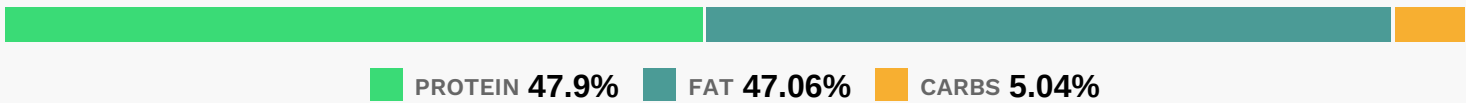
Equipment

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Brush the maple syrup onto the pork and rub the steak seasoning into it.
- ☐ Wrap the pork loin in the bacon and place in a baking dish.
- ☐ Roast in a preheated 350F oven until a meat thermometer reads 140F, about an hour.
- ☐ Brush the maple syrup onto the bacon.
- ☐ Roast until the meat thermometer reaches 150F, about 10 minutes, and remove from oven.
- ☐ Let rest for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:26.144347627526%

Nutrients (% of daily need)

Calories: 479.09kcal (23.95%), Fat: 24.31g (37.4%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.04g (4.48%), Cholesterol: 167.83mg (55.94%), Sodium: 362.32mg (15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.68g (111.36%), Selenium: 70.52µg (100.74%), Vitamin B6: 1.83mg (91.52%), Vitamin B1: 1.12mg (74.46%), Vitamin B3: 14.59mg (72.97%), Phosphorus: 567mg (56.7%), Vitamin B2: 0.54mg (31.88%), Zinc: 4.62mg (30.78%), Potassium: 947.18mg (27.06%), Vitamin B12: 1.35µg (22.43%), Vitamin B5: 1.9mg (18.99%), Magnesium: 67.89mg (16.97%), Manganese: 0.26mg (13.24%), Iron: 1.86mg (10.32%), Vitamin K: 10.74µg (10.23%), Copper: 0.16mg (7.93%), Vitamin D: 1.06µg (7.06%), Calcium: 33.78mg (3.38%), Vitamin E: 0.47mg (3.17%)