



Barbecue Pork Roast



Gluten Free



Dairy Free

READY IN



390 min.

SERVINGS



10

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon celery seed
- ☐ 2 tablespoons cider vinegar
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons honey
- ☐ 3 teaspoons juice of lemon
- ☐ 1 teaspoon mustard prepared

- ☐ 4 pound pork loin roast
- ☐ 1 teaspoon salt
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup worcestershire sauce

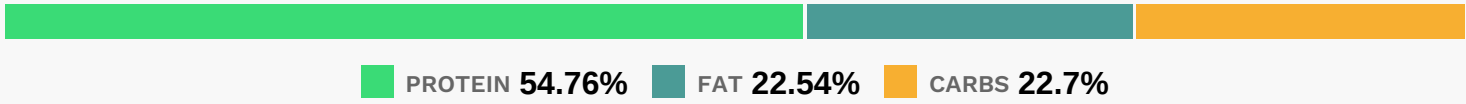
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ In a small bowl, combine Worcestershire sauce, soy sauce, honey, vinegar, lemon juice, mustard, salt, celery seed, pepper, and garlic.
- ☐ Place pork loin roast in a large plastic resealable bag and pour marinade over pork loin. Seal and marinate in refrigerator for at least 4 hours (preferably overnight).
- ☐ Preheat oven to 325 degrees F.
- ☐ Remove roast from bag, place in a roasting pan, and discard marinade. Roast pork loin at 325 degrees F for 2 to 2 1/2 hours, or until an internal temperature registers 160 to 170 degrees F on an instant-read thermometer.
- ☐ Serve with BBQ sauce.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:1.93, Inflammation Score:-3, Nutrition Score:19.514347918656%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.76mg

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 313.03kcal (15.65%), Fat: 7.6g (11.7%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 16.85g (6.13%), Sugar: 13.79g (15.33%), Cholesterol: 114.31mg (38.1%), Sodium: 1035.51mg (45.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.15%), Selenium: 51.02µg (72.89%), Vitamin B6: 1.41mg (70.68%), Vitamin B1: 0.82mg (54.77%), Vitamin B3: 10.89mg (54.45%), Phosphorus: 428.31mg (42.83%), Potassium: 824.07mg (23.54%), Zinc: 3.38mg (22.55%), Vitamin B2: 0.38mg (22.14%), Vitamin B12: 0.93µg (15.42%), Vitamin B5: 1.43mg (14.32%), Magnesium: 55.44mg (13.86%), Iron: 1.76mg (9.8%), Copper: 0.15mg (7.72%), Manganese: 0.12mg (6.09%), Vitamin D: 0.73µg (4.84%), Vitamin E: 0.48mg (3.18%), Calcium: 31.33mg (3.13%), Vitamin C: 1.87mg (2.27%), Fiber: 0.39g (1.55%), Vitamin A: 70.59IU (1.41%)