



WHATSheATE



HEALTH SCORE

54%

Crisp roast pork with honey mustard gravy



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



1049 kcal

Ingredients

- ☐ 2 kg pork loin bone in
- ☐ 1 tbsp olive oil
- ☐ 100 ml chicken stock see hot
- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tbsp clear honey
- ☐ 1 tsp thyme leaves finely chopped

Equipment

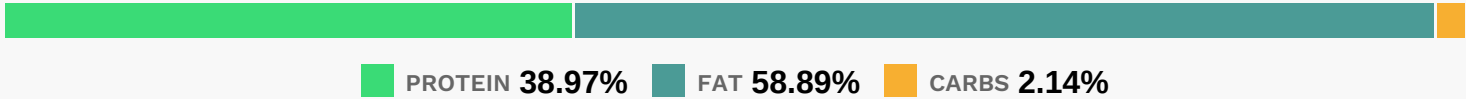
- ☐ frying pan
- ☐ oven

- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ Pat the pork all over with kitchen paper. Lightly rub all over with oil and sprinkle liberally with salt. Cook for 20 mins, turn down the oven to 190C/170C fan/gas 5, then cook for 30 mins per 500g (about 2 hrs).
- ☐ Remove from the tin, place on a serving plate and loosely cover with foil.
- ☐ Pour off excess fat from the tin.
- ☐ Add stock to the tin, then stir to incorporate meat juices and sticky bits at the bottom.
- ☐ Pour through a sieve into a small pan.
- ☐ Add mustard, honey and thyme, plus juices from the resting meat. Stir and simmer for 5 mins until starting to turn syrupy.
- ☐ Serve alongside the pork.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:38.272173689759%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 1048.52kcal (52.43%), Fat: 66.83g (102.82%), Saturated Fat: 22.37g (139.84%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.27g (1.92%), Sugar: 4.76g (5.29%), Cholesterol: 315.76mg (105.25%), Sodium: 327.81mg (14.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.53g (199.05%), Vitamin B1: 4.52mg (301.4%), Selenium: 167.87µg (239.82%), Vitamin B6: 2.38mg (119%), Vitamin B3: 23.33mg (116.66%), Phosphorus: 996.32mg (99.63%), Vitamin B2: 1.27mg (74.53%), Zinc: 8.77mg (58.5%), Potassium: 1816.24mg (51.89%), Vitamin B12: 2.65µg (44.17%), Vitamin B5: 3.63mg (36.31%), Magnesium: 108.24mg (27.06%), Iron: 4.14mg (23%), Vitamin D: 2.5µg (16.67%), Copper: 0.3mg (14.97%), Vitamin E: 1.57mg (10.5%), Calcium: 94.28mg (9.43%), Vitamin C: 3.41mg

(4.14%), Manganese: 0.08mg (3.91%), Vitamin K: 2.21µg (2.11%), Folate: 6.73µg (1.68%)