



Dan the Man's Pork Loin Roast

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pork loin roast boneless trimmed
- ☐ 0.3 cup bourbon
- ☐ 1 tablespoon caribbean jerk seasoning
- ☐ 0.5 cup lite soy sauce
- ☐ 0.3 cup brown sugar blend sweetener

Equipment

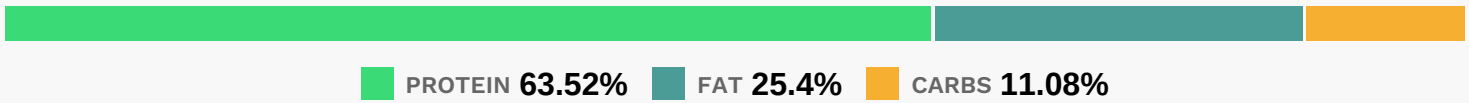
- ☐ paper towels
- ☐ grill

- ☐ kitchen thermometer
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Stir together lite soy sauce and jerk seasoning.
- ☐ Place roast in a 2-gal. zip-top plastic freezer bag.
- ☐ Pour soy sauce mixture over roast. Seal bag, and chill 2 to 12 hours, turning occasionally.
- ☐ Preheat grill to 350 to 400 (medium-high).
- ☐ Remove roast from marinade, discarding marinade. Pat roast dry with paper towels.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Stir together brown sugar blend sweetener and bourbon in a microwave-safe glass measuring cup. Microwave at HIGH 1 minute or until sugar blend is dissolved, stirring after 30 seconds.
- ☐ Grill roast, covered with grill lid, over 350 to 400 (medium-high) heat 25 minutes. Baste with brown sugar blend mixture; turn and baste other side. Grill, covered with grill lid, 20 minutes or until a meat thermometer inserted into thickest portion registers 145, basting after 10 minutes.
- ☐ Remove from heat, and let stand 10 minutes before slicing.
- ☐ Note: For testing purposes only, we used Splenda Brown Sugar Blend Sweetener.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:18.236521695376%

Nutrients (% of daily need)

Calories: 281.5kcal (14.07%), Fat: 7.06g (10.87%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.94g (6.6%), Cholesterol: 107.16mg (35.72%), Sodium: 909.79mg (39.56%), Alcohol: 2.51g (100%), Alcohol %: 1.6% (100%), Protein: 39.74g (79.49%), Selenium: 47.44µg (67.77%), Vitamin B6: 1.33mg (66.71%), Vitamin B3: 10.46mg (52.31%), Vitamin B1: 0.76mg (51%), Phosphorus: 404.87mg (40.49%), Zinc: 3.17mg (21.13%), Vitamin B2: 0.35mg (20.58%), Potassium: 686.55mg (19.62%), Vitamin B12: 0.87µg (14.46%),

Vitamin B5: 1.33mg (13.31%), Magnesium: 51.52mg (12.88%), Iron: 1.44mg (8%), Copper: 0.13mg (6.49%), Vitamin A: 296.5IU (5.93%), Manganese: 0.1mg (5.13%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.6mg (4.02%), Fiber: 0.46g (1.86%), Calcium: 14.7mg (1.47%), Vitamin K: 1.06µg (1.01%)