



Dijon-Herb Pork Roast

 Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound pork loin roast boneless
- 1 cup chicken broth organic swanson® (regular, Natural or Certified)
- 1 tablespoon cornstarch
- 1 teaspoon parsley fresh minced
- 1 teaspoon rosemary leaves fresh minced
- 1 teaspoon thyme leaves fresh minced
- 0.3 cup mustard dijon-style
- 0.5 cup currant jelly red

0.5 cup bread crumbs whole-wheat

Equipment

sauce pan

roasting pan

Directions

Mix rosemary, parsley and thyme.

Cut small slits into surface of roast and stuff herb mixture into slits.

Place in roasting pan. Roast at 325 degrees F for 1 hour.

Mix jelly, mustard, cornstarch and broth in saucepan. Cook and stir until mixture boils and thickens. Spoon about 1/4 cup broth mixture over roast.

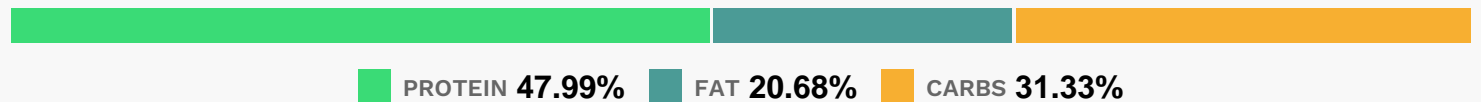
Sprinkle with bread crumbs and spray with cooking spray.

Roast 45 minutes or until done.

Let stand 10 minutes.

Serve with remaining broth mixture.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:7.96, Inflammation Score:-4, Nutrition Score:15.401304335698%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 277.36kcal (13.87%), Fat: 6.32g (9.73%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 20.27g (7.37%), Sugar: 10.77g (11.96%), Cholesterol: 89.89mg (29.96%), Sodium: 306.95mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.05%), Selenium: 42.48µg (60.69%), Vitamin B6: 1.08mg (54.04%), Vitamin B1: 0.65mg (43.49%), Vitamin B3: 8.26mg (41.32%), Phosphorus: 332.96mg (33.3%), Vitamin B2: 0.3mg (17.93%), Zinc: 2.64mg (17.6%), Potassium: 565.16mg (16.15%), Vitamin B12: 0.73µg

(12.15%), Vitamin B5: 1.09mg (10.87%), Magnesium: 42.18mg (10.55%), Iron: 1.54mg (8.53%), Copper: 0.12mg (5.78%), Fiber: 1.29g (5.16%), Vitamin C: 3.67mg (4.45%), Vitamin D: 0.57µg (3.78%), Manganese: 0.07mg (3.47%), Calcium: 18.5mg (1.85%), Vitamin E: 0.25mg (1.66%)