



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

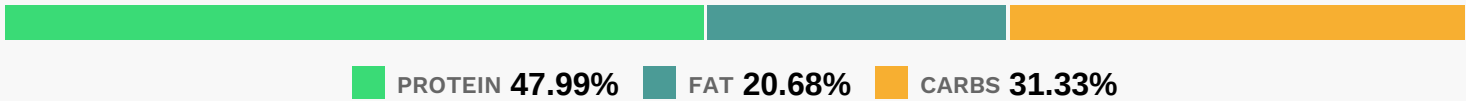
Equipment

- ☐ 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: Og (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%)