



Honey Mustard-Pork Roast with Apple Stuffing

 Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple juice
- 0.7 cup apples chopped
- 3 lb pork loin roast boneless
- 2.5 cups unseasoned bread cubes white
- 0.3 cup celery chopped
- 1 Tbsp flour
- 2 Tbsp parsley fresh chopped
- 0.5 cup grey poupon savory honey mustard divided

- 3 Tbsp butter
- 0.5 cup onions chopped
- 0.5 tsp poultry seasoning

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen twine

Directions

- Heat oven to 325F.
- Cook vegetables in margarine in large skillet on medium-high heat 3 to 5 min. or until crisp-tender.
- Remove from heat. Stir in 2 Tbsp. mustard, then bread, apples and seasoning.
- Open roast, cut-side up, on work surface.
- Spread with 2 Tbsp. of the remaining mustard; top with bread mixture. Re-roll roast; tie closed with kitchen string.
- Place on rack in roasting pan.
- Bake 2 hours or until done (145F).
- Transfer roast to carving board; let stand 10 min.
- Meanwhile, spoon 1 Tbsp. meat drippings into small saucepan; whisk in flour. Cook on medium heat 1 min., stirring constantly.
- Add apple juice and remaining mustard; cook and stir 5 min. or until sauce thickens and starts to boil.
- Remove from heat; stir in parsley.
- Slice roast; discard string.
- Serve meat topped with mustard sauce.

Nutrition Facts

PROTEIN 45.43% FAT 30.47% CARBS 24.1%

Properties

Glycemic Index:9.91, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:5.593478270199%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 98.54kcal (4.93%), Fat: 3.21g (4.93%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.36g (1.95%), Sugar: 2.31g (2.57%), Cholesterol: 28.58mg (9.53%), Sodium: 79.54mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.51%), Selenium: 14.02µg (20.03%), Vitamin B6: 0.35mg (17.74%), Vitamin B1: 0.23mg (15.07%), Vitamin B3: 2.9mg (14.5%), Phosphorus: 110.72mg (11.07%), Vitamin B2: 0.1mg (6%), Zinc: 0.88mg (5.86%), Potassium: 196.06mg (5.6%), Vitamin K: 4.9µg (4.67%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.23µg (3.88%), Magnesium: 14.9mg (3.72%), Manganese: 0.07mg (3.7%), Iron: 0.47mg (2.61%), Copper: 0.04mg (1.86%), Vitamin A: 77.59IU (1.55%), Folate: 5.75µg (1.44%), Fiber: 0.35g (1.39%), Vitamin D: 0.18µg (1.21%), Calcium: 10.94mg (1.09%)