



HEALTH SCORE

51%

## Honey-Roasted Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons peppercorns mixed black crushed
- ☐ 2 pound pork loin roast boneless
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon salt
- ☐ 8 servings garnish: watercress sprigs

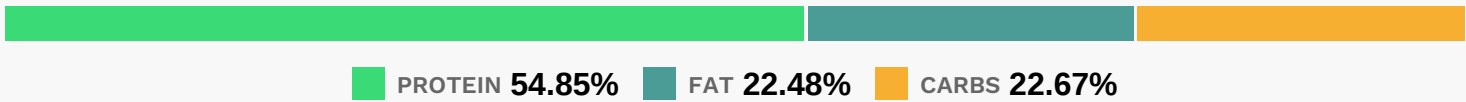
## Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Place roast on a lightly greased rack in a shallow, aluminum foil-lined roasting pan.
- ☐ Combine honey and next 4 ingredients; brush half of mixture over roast.
- ☐ Bake at 325 for 1 hour; brush with remaining honey mixture.
- ☐ Bake 30 more minutes or until a meat thermometer inserted in thickest portion of roast registers 15
- ☐ Cover lightly with foil; let stand 10 minutes before slicing.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:18.53, Glycemic Load:4.96, Inflammation Score:-7, Nutrition Score:19.402608674505%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

## Nutrients (% of daily need)

Calories: 194.37kcal (9.72%), Fat: 4.85g (7.46%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10g (3.64%), Sugar: 8.84g (9.82%), Cholesterol: 71.44mg (23.81%), Sodium: 257.06mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.26%), Vitamin K: 90.22µg (85.92%), Selenium: 33.2µg (47.43%), Vitamin B6: 0.91mg (45.64%), Vitamin B1: 0.54mg (36.2%), Vitamin B3: 6.65mg (33.24%), Phosphorus: 284.1mg (28.41%), Vitamin A: 1103.65IU (22.07%), Manganese: 0.44mg (21.96%), Vitamin C: 14.72mg (17.84%), Potassium: 581.21mg (16.61%), Vitamin B2: 0.26mg (15.54%), Zinc: 2.16mg (14.4%), Magnesium: 43.05mg (10.76%), Vitamin B5: 1mg (10.04%), Vitamin B12: 0.58µg (9.64%), Copper: 0.13mg (6.62%), Calcium: 61.81mg (6.18%), Iron: 1.11mg (6.14%), Fiber: 1.01g (4.03%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.45µg (3.02%), Folate:

4.13µg (1.03%)