



Molasses-Pepper Pork Loin



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 lb pork loin roast boneless trimmed
- ☐ 0.3 cup blackstrap molasses dark (not blackstrap)
- ☐ 1.5 teaspoons pepper
- ☐ 8 servings salt
- ☐ 2 teaspoons vegetable oil

Equipment

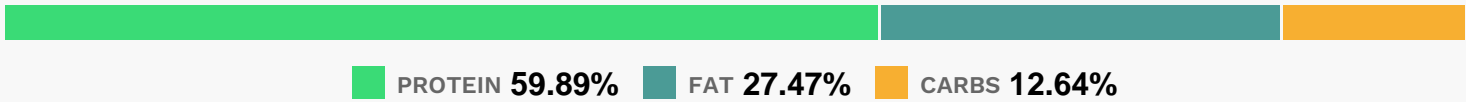
- ☐ frying pan
- ☐ oven

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350F. Rub roast all over with pepper; season with salt.
- ☐ Warm oil in a large ovenproof skillet over medium-high heat.
- ☐ Place roast in pan and cook, turning every 2 to 3 minutes, until browned on all sides, about 10 minutes total.
- ☐ Remove pan from heat, pour molasses over roast and turn roast to coat in molasses.
- ☐ Place skillet in oven and cook until center of roast registers 140F on an instantread thermometer, 40 to 50 minutes, basting with pan juices once or twice during roasting.
- ☐ Transfer roast to a cutting board (preferably one with a lip to capture any juices), tent with foil and let rest for 15 minutes. Set aside pan with juices.
- ☐ Remove twine and slice roast.
- ☐ Add accumulated juices on cutting board to pan juices and serve with roast.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:4.66, Inflammation Score:-4, Nutrition Score:24.465217338794%

Nutrients (% of daily need)

Calories: 350.98kcal (17.55%), Fat: 10.36g (15.94%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 10.63g (3.87%), Sugar: 10.49g (11.66%), Cholesterol: 142.88mg (47.63%), Sodium: 310.19mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.82g (101.64%), Selenium: 65.34µg (93.34%), Vitamin B6: 1.81mg (90.37%), Vitamin B1: 1.01mg (67.39%), Vitamin B3: 13.16mg (65.82%), Phosphorus: 515.24mg (51.52%), Potassium: 1058.25mg (30.24%), Zinc: 4.13mg (27.52%), Vitamin B2: 0.43mg (25%), Magnesium: 93.59mg (23.4%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.81mg (18.08%), Manganese: 0.28mg (13.95%), Iron: 1.93mg (10.7%), Copper: 0.21mg (10.25%), Vitamin D: 0.91µg (6.05%), Calcium: 41.91mg (4.19%), Vitamin E: 0.39mg (2.61%), Vitamin K: 2.68µg (2.55%)