



## Mustard-Crusted Pork Roast and Browned Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 pound pork loin roast boneless
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 8 garlic cloves minced
- ☐ 0.5 cup mustard coarse-grained
- ☐ 2 pounds new potatoes

- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings garnish: rosemary sprigs fresh
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

## Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ peeler

## Directions

- ☐ Place pork in a greased roasting pan. Rub with 1/4 teaspoon each salt and pepper.
- ☐ Combine mustard and next 4 ingredients in a small bowl; spread evenly over pork.
- ☐ Peel a crosswise stripe around each potato with a vegetable peeler, if desired.
- ☐ Cut each potato in half lengthwise. Toss potatoes with 2 tablespoons oil, 1 tablespoon chopped rosemary, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Add to roasting pan around pork. Insert meat thermometer into thickest part of roast.
- ☐ Bake at 375 for 1 hour to 1 1/4 hours or until thermometer registers 16
- ☐ Let stand 10 minutes.
- ☐ Transfer roast to a serving platter. Surround pork with potatoes.
- ☐ Garnish, if desired.

## Nutrition Facts



 PROTEIN **45.38%**  FAT **35.3%**  CARBS **19.32%**

Properties

Glycemic Index:41.22, Glycemic Load:15.38, Inflammation Score:-6, Nutrition Score:30.015217265357%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 485.06kcal (24.25%), Fat: 18.67g (28.72%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 19.57g (7.12%), Sugar: 2.03g (2.26%), Cholesterol: 142.88mg (47.63%), Sodium: 509.48mg (22.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54g (108%), Vitamin B6: 2.1mg (104.98%), Selenium: 68.89µg (98.42%), Vitamin B1: 1.13mg (75.46%), Vitamin B3: 14.34mg (71.71%), Phosphorus: 598.33mg (59.83%), Potassium: 1376.31mg (39.32%), Zinc: 4.56mg (30.42%), Vitamin C: 23.56mg (28.56%), Vitamin B2: 0.48mg (27.99%), Magnesium: 95.22mg (23.8%), Vitamin B5: 2.1mg (20.99%), Vitamin B12: 1.16µg (19.28%), Manganese: 0.35mg (17.29%), Iron: 2.6mg (14.44%), Copper: 0.28mg (14.08%), Fiber: 3.42g (13.69%), Vitamin E: 1.63mg (10.83%), Vitamin K: 8.01µg (7.63%), Vitamin D: 0.91µg (6.05%), Folate: 20.48µg (5.12%), Calcium: 46.51mg (4.65%)