



Peppercorn Pork Loin Roast

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound pork loin boneless lean
- ☐ 3 tablespoons dijon mustard
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 tablespoon buttermilk low-fat
- ☐ 2 tablespoons pepper black
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons peppercorns whole assorted crushed
- ☐ 2 cups bread crumbs whole wheat soft

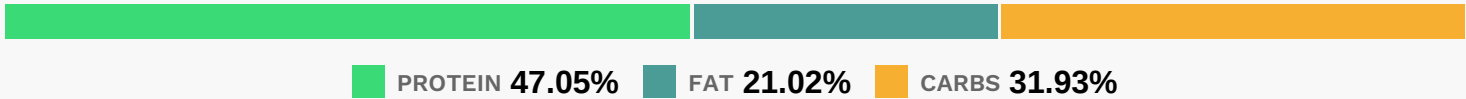
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 32
- ☐ Trim fat from roast.
- ☐ Combine mustard and buttermilk.
- ☐ Spread mustard mixture over roast.
- ☐ Combine breadcrumbs and next 4 ingredients; press breadcrumb mixture evenly onto roast.
- ☐ Place roast on a rack in a roasting pan coated with cooking spray. Insert a meat thermometer into thickest part of roast, if desired.
- ☐ Bake at 325 for 2 hours or until meat thermometer registers 16
- ☐ Let stand 10 minutes before slicing.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:13.663913080874%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg

Nutrients (% of daily need)

Calories: 224.54kcal (11.23%), Fat: 5.57g (8.56%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 19.02g (6.34%), Net Carbohydrates: 16.08g (5.85%), Sugar: 0.87g (0.96%), Cholesterol: 71.5mg (23.83%), Sodium: 281.07mg (12.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.05%), Selenium: 33.07µg (47.25%), Vitamin B6:

0.87mg (43.36%), Vitamin B1: 0.51mg (34.25%), Vitamin B3: 6.57mg (32.86%), Phosphorus: 265.05mg (26.51%), Manganese: 0.3mg (14.95%), Zinc: 2.11mg (14.06%), Iron: 2.47mg (13.72%), Potassium: 463.22mg (13.23%), Vitamin B2: 0.22mg (13.12%), Fiber: 2.93g (11.73%), Vitamin B12: 0.58µg (9.69%), Magnesium: 36.01mg (9%), Vitamin B5: 0.89mg (8.93%), Vitamin C: 4.99mg (6.05%), Copper: 0.1mg (4.96%), Vitamin K: 3.47µg (3.31%), Vitamin D: 0.45µg (3.02%), Calcium: 21.12mg (2.11%), Vitamin E: 0.19mg (1.24%)