



Pork Roast with Apple Mustard Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



155 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple juice
- ☐ 2 tablespoons brown sugar
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 4.5 pound pork loin end roast bone-in
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons spicy brown mustard
- ☐ 1 tablespoon worcestershire sauce

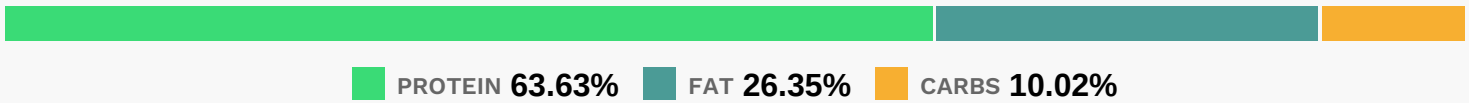
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350 degrees F. Take the pork out of the refrigerator 45 minutes before you are ready to roast to allow the pork to come to temperature.
- ☐ Place the pork into a roasting pan fitted with a rack or onto a baking sheet, fat side up, and season with salt and pepper. Put in the oven and roast for 1 hour. Meanwhile, make the glaze.
- ☐ In a saucepan over medium-high heat, bring the apple juice to a boil and reduce it by half, about 10 minutes.
- ☐ Whisk in the brown sugar, soy sauce, Worcestershire sauce, and mustard and simmer until thickened, another 5 to 7 minutes.
- ☐ After the pork has roasted for 1 hour, start brushing it with the glaze every 15 minutes. Cook until the roast reaches an internal temperature of 150 degrees F, about 2 hours total cook time.
- ☐ Remove from the oven, give it another coating of glaze, and let it rest, uncovered, for 15 minutes before carving. (Reserve 1 cup of the meat for the Round 2 Recipe Pork Hash).

Nutrition Facts



Properties

Glycemic Index:19.96, Glycemic Load:2.86, Inflammation Score:-4, Nutrition Score:31.576521528156%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 501.58kcal (25.08%), Fat: 14.15g (21.77%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.61g (4.22%), Sugar: 10.29g (11.43%), Cholesterol: 214.32mg (71.44%), Sodium: 457.23mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.88g (153.76%), Selenium: 96.94µg (138.48%), Vitamin B6: 2.59mg (129.64%), Vitamin B1: 1.54mg (102.54%), Vitamin B3: 19.78mg (98.88%), Phosphorus: 783.8mg (78.38%), Zinc: 6.2mg (41.36%), Potassium: 1381.87mg (39.48%), Vitamin B2: 0.66mg (38.83%), Vitamin B12: 1.74µg (28.92%), Vitamin B5: 2.61mg (26.05%), Magnesium: 97.25mg (24.31%), Iron: 2.29mg (12.72%), Copper: 0.22mg (11.16%), Vitamin D: 1.36µg (9.07%), Manganese: 0.13mg (6.56%), Calcium: 34.09mg (3.41%), Vitamin E: 0.48mg (3.19%), Fiber: 0.5g (1.98%), Vitamin C: 0.96mg (1.16%)