



Pork Roast With The World's Best Pork Loin Rub

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



70 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds pork loin roast boneless
- 1.3 cups brown sugar
- 1.5 teaspoons pepper red crushed (cayenne)
- 0.8 teaspoon thyme leaves dried crushed
- 1 tablespoon mustard dry
- 4.5 teaspoons garlic powder
- 1.5 teaspoons ground cumin

- 2 teaspoons ground ginger
- 1.5 teaspoons ground pepper red (cayenne)
- 3 tablespoons coarsely ground pepper black
- 2 tablespoons kosher salt
- 4.5 teaspoons onion salt
- 1.5 teaspoons paprika
- 0.7 cup sugar

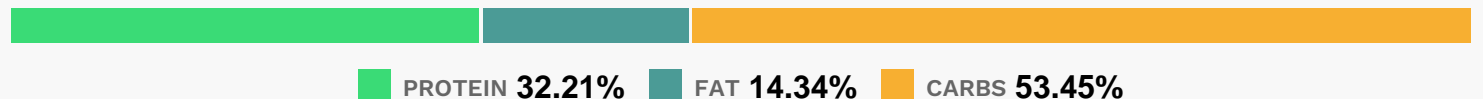
Equipment

- bowl
- oven
- roasting pan
- aluminum foil

Directions

- Stir together brown sugar, sugar, black pepper, salt, ginger, garlic powder, onion salt, dry mustard, crushed red pepper, ground red pepper, cumin, paprika and thyme in small bowl.
- Heat oven to 325 degrees F.
- Sprinkle 1/2 cup of the brown sugar mixture* evenly on all sides of the pork roast; use your fingers to rub into pork.
- Place roast on rack in shallow roasting pan. Roast, uncovered, until the internal temperature is 145 degrees F (63 degrees C), about 40 minutes to 1 hour.
- Remove from oven. Cover with foil; let stand 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.89, Glycemic Load:12.02, Inflammation Score:-5, Nutrition Score:18.040869528833%

Nutrients (% of daily need)

Calories: 404.22kcal (20.21%), Fat: 6.49g (9.98%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 54.42g (18.14%), Net Carbohydrates: 53.08g (19.3%), Sugar: 50.22g (55.8%), Cholesterol: 89.3mg (29.77%), Sodium: 3140.35mg (136.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.79g (65.58%), Selenium: 42.55µg (60.79%), Vitamin B6: 1.15mg (57.63%), Vitamin B1: 0.65mg (43.42%), Vitamin B3: 8.45mg (42.23%), Phosphorus: 344.39mg (34.44%), Manganese: 0.57mg (28.58%), Potassium: 670.79mg (19.17%), Zinc: 2.79mg (18.57%), Vitamin B2: 0.29mg (17.12%), Magnesium: 52.86mg (13.21%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.17mg (11.68%), Iron: 2.08mg (11.53%), Vitamin A: 472.98IU (9.46%), Copper: 0.16mg (8.04%), Vitamin K: 6.37µg (6.06%), Calcium: 59.79mg (5.98%), Fiber: 1.34g (5.34%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.57µg (3.78%)