



Pumpkin Spice-Rubbed Pork Loin



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



635 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup brown sugar
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 teaspoon onion powder
- ☐ 2 pound pork loin end roast boneless
- ☐ 2 teaspoons pumpkin pie spice

☐ 4 servings salt

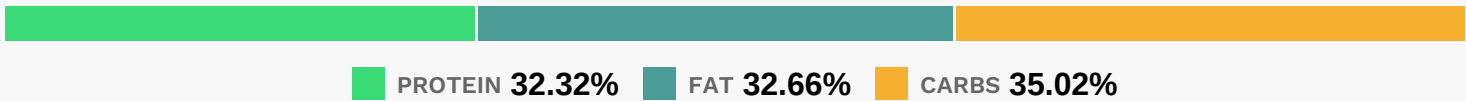
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, add the pumpkin pie spice, mustard powder, onion powder, garlic powder, a pinch of salt and a grind or 2 of pepper. Stir and rub on all sides of the pork loin.
- ☐ Let rest at room temperature for up to 2 hours.
- ☐ Add 2 tablespoons oil to an ovenproof saute pan and, just when the oil begins to swirl, add the pork loin and sear on all sides until golden, about 3 minutes each side.
- ☐ Remove to a plate.
- ☐ In a small bowl, mix together the brown sugar, remaining 2 tablespoons oil and a pinch of salt. Rub onto the pork on all sides. Then place back into the pan and into the oven.
- ☐ Bake until the pork is cooked through, about 35 minutes for medium.
- ☐ Let the meat rest about 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:24.710000186511%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 635.12kcal (31.76%), Fat: 22.94g (35.29%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 55.03g (20.01%), Sugar: 53.47g (59.41%), Cholesterol: 142.88mg (47.63%), Sodium: 321.6mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.08g (102.17%), Selenium: 64.23µg (91.76%), Vitamin B6: 1.75mg (87.43%), Vitamin B1: 1.01mg (67.4%), Vitamin B3: 13.13mg (65.65%), Phosphorus: 518.49mg (51.85%), Zinc: 4.16mg (27.75%), Potassium: 940.28mg (26.87%), Vitamin B2: 0.43mg (25.14%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.77mg (17.72%), Magnesium: 67.21mg (16.8%), Vitamin E: 2.28mg (15.18%), Manganese: 0.25mg (12.75%), Iron: 1.97mg (10.93%), Copper: 0.17mg (8.54%), Vitamin K: 8.85µg (8.42%), Calcium: 67.09mg (6.71%), Vitamin D: 0.91µg (6.05%), Fiber: 0.31g (1.25%)