

Roast Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce beer
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pound pork loin boneless trimmed
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup kosher salt
- ☐ 1 tablespoon mustard prepared
- ☐ 0.3 teaspoon salt

- ☐ 2 thyme sprigs
- ☐ 3 cups water
- ☐ 2 allspice whole crushed
- ☐ 6 peppercorns whole crushed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine water, 1/4 cup brown sugar, kosher salt, and beer in a bowl; stir until sugar dissolves.
- ☐ Place the beer mixture, peppercorns, allspice, thyme, and pork in a large zip-top plastic bag. Marinate in refrigerator for 8 hours or overnight, turning occasionally.
- ☐ Remove pork from bag; discard marinade.
- ☐ Preheat oven to 325
- ☐ Combine 2 tablespoons brown sugar, ground pepper, 1/4 teaspoon salt, and mustard in a small bowl. Evenly coat all sides of roast with mustard mixture.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork, and cook 2 minutes on all sides or until browned.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 325 for 1 hour or until a thermometer registers 160 (slightly pink) or until desired degree of doneness.
- ☐ Place pork on a platter; let stand 10 minutes before slicing. Thinly slice; serve warm or cold.

Nutrition Facts



 **PROTEIN 53.85%**  **FAT 22.05%**  **CARBS 24.1%**

Properties

Glycemic Index:8.19, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:3.9691304749121%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 69.15kcal (3.46%), Fat: 1.56g (2.4%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.78g (1.37%), Sugar: 3.2g (3.56%), Cholesterol: 23.81mg (7.94%), Sodium: 1231.5mg (53.54%), Alcohol: 0.55g (100%), Alcohol %: 0.79% (100%), Protein: 8.57g (17.14%), Selenium: 10.81µg (15.45%), Vitamin B6: 0.29mg (14.71%), Vitamin B1: 0.17mg (11.3%), Vitamin B3: 2.25mg (11.27%), Phosphorus: 88.04mg (8.8%), Zinc: 0.7mg (4.63%), Vitamin B2: 0.08mg (4.42%), Potassium: 152.24mg (4.35%), Vitamin B12: 0.2µg (3.26%), Magnesium: 11.86mg (2.96%), Vitamin B5: 0.29mg (2.95%), Copper: 0.03mg (1.59%), Iron: 0.27mg (1.51%), Manganese: 0.02mg (1.09%), Vitamin D: 0.15µg (1.01%)