



Roast Pork with Maple and Mustard Glaze

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

READY IN

ready

85 min.

SERVINGS

servings

8

CALORIES

calories

305 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 2.5 pounds pork loin roast boneless
- ☐ 2.5 tablespoons cider vinegar
- ☐ 8 servings ground pepper black to taste
- ☐ 1 cup real maple syrup
- ☐ 4 tablespoons mustard dijon-style prepared
- ☐ 8 servings salt to taste
- ☐ 2.5 tablespoons soya sauce

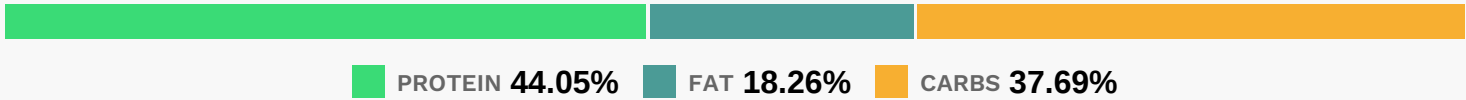
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Stir together the maple syrup, mustard, vinegar, soy sauce, salt, and pepper in a small bowl.
- ☐ Place pork roast in a shallow roasting pan.
- ☐ Spread glaze evenly over pork roast.
- ☐ Roast pork in the preheated oven uncovered, until internal temperature measured with a meat thermometer reaches 145 degrees F (63 degrees C), about 1 hour.
- ☐ Remove from oven, and let rest about 10 minutes before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:19.44, Glycemic Load:9.99, Inflammation Score:-2, Nutrition Score:18.705652352261%

Nutrients (% of daily need)

Calories: 304.97kcal (15.25%), Fat: 6.02g (9.26%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 27.55g (10.02%), Sugar: 24.34g (27.04%), Cholesterol: 89.3mg (29.77%), Sodium: 663.84mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.66g (65.32%), Selenium: 41.87µg (59.81%), Vitamin B6: 1.09mg (54.35%), Manganese: 1.02mg (51%), Vitamin B2: 0.79mg (46.47%), Vitamin B1: 0.67mg (44.81%), Vitamin B3: 8.44mg (42.21%), Phosphorus: 334.88mg (33.49%), Zinc: 2.91mg (19.39%), Potassium: 648.66mg (18.53%), Magnesium: 51.57mg (12.89%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.1mg (11.01%), Iron: 1.08mg (6.02%), Calcium: 57.7mg (5.77%), Copper: 0.1mg (4.86%), Vitamin D: 0.57µg (3.78%), Fiber: 0.39g (1.57%), Vitamin E: 0.21mg (1.41%)