



Roast Pork with Pineapple-Mustard Glaze

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot-pineapple preserves
- 0.3 tsp ground ginger
- 0.3 cup grey poupon savory honey mustard
- 2 Tbsp pineapple juice
- 3 lb pork loin center rib roast (6 ribs)
- 1 Tbsp soya sauce

Equipment

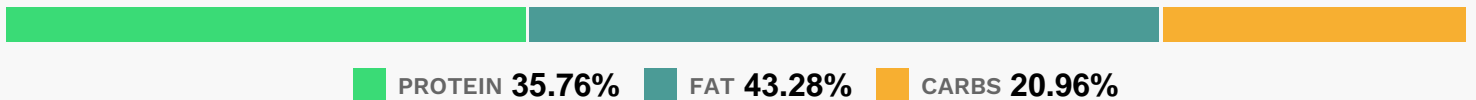
- oven

- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 325F.
- Mix preserves, mustard, pineapple juice, soy sauce and ginger until well blended; set aside.
- Place roast, rib side down, in shallow roasting pan. Insert meat thermometer into roast without touching the bone.
- Bake 1-1/2 to 2 hours or until meat thermometer registers 155F, brushing with the mustard mixture during the last 20 min. of the baking time.
- Cover roast with foil; let stand 10 min. before carving roast to serve. (Meat temperature will rise about 5F during the standing time.)
- Garnish with orange wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:1.9378260596777%

Nutrients (% of daily need)

Calories: 42.77kcal (2.14%), Fat: 1.99g (3.06%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 2.13g (0.78%), Sugar: 1.41g (1.57%), Cholesterol: 10.42mg (3.47%), Sodium: 37.13mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Selenium: 6.43µg (9.19%), Vitamin B6: 0.12mg (6.22%), Vitamin B3: 1.15mg (5.77%), Vitamin B1: 0.08mg (5.52%), Phosphorus: 37.43mg (3.74%), Zinc: 0.34mg (2.24%), Vitamin B2: 0.03mg (2.01%), Potassium: 63.94mg (1.83%), Vitamin B12: 0.1µg (1.62%), Vitamin B5: 0.13mg (1.27%), Magnesium: 4.46mg (1.11%)