



 **53%**
HEALTH SCORE

Smoked Paprika Pork Roast with Sticky Stout Barbecue Sauce

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

READY IN



90 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings sticky stout barbecue sauce
- 3.5 lb pork loin roast boneless
- 2 tablespoons brown sugar
- 4 teaspoons thyme leaves fresh divided chopped
- 1 garlic clove pressed
- 1 teaspoon coarsely ground pepper
- 1 tablespoon kosher salt

- 2 tablespoons paprika smoked
- 8 servings kitchen string

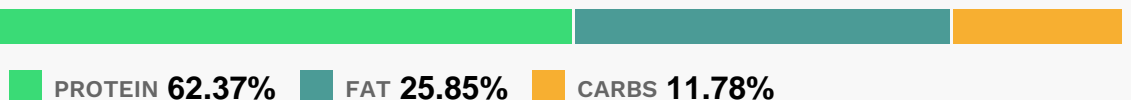
Equipment

- baking pan
- grill
- kitchen thermometer
- kitchen twine

Directions

- Stir together first 5 ingredients and 2 tsp. thyme. Trim pork roast. Rub paprika mixture over pork. Tie roast with kitchen string at 1 1/2-inch intervals, and place in a 13- x 9-inch baking dish. Chill, uncovered, 24 hours.
- Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- Place pork over lit side, and grill, covered with lid, 8 minutes on each side or until browned.
- Transfer pork to unlit side, and grill, covered with lid, 35 to 45 minutes or until a meat thermometer inserted in thickest portion registers 14
- Let stand 10 minutes.
- Brush with Sticky Stout Barbecue Sauce.
- Sprinkle with remaining 2 tsp. thyme.
- Serve with remaining sauce.
- Pair with: Charles Smith Wines Kungfu Girl Riesling (white) or Edmeades Mendocino County Zinfandel (red) or O'Dempsey's Big Red Ale beer (brewed in Atlanta, GA).

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.24, Inflammation Score:-9, Nutrition Score:25.355217456818%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 299.25kcal (14.96%), Fat: 8.44g (12.98%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.22g (5.8%), Cholesterol: 125.02mg (41.67%), Sodium: 985.13mg (42.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.8g (91.61%), Vitamin B6: 1.62mg (81.21%), Selenium: 55.53µg (79.32%), Vitamin B1: 0.93mg (62.11%), Vitamin B3: 12.01mg (60.07%), Phosphorus: 475.25mg (47.52%), Vitamin B2: 0.46mg (26.82%), Potassium: 915.55mg (26.16%), Vitamin A: 1292.6IU (25.85%), Zinc: 3.81mg (25.4%), Vitamin K: 25.49µg (24.28%), Magnesium: 71mg (17.75%), Vitamin B12: 1.01µg (16.87%), Vitamin B5: 1.66mg (16.62%), Iron: 2.25mg (12.49%), Manganese: 0.22mg (11.06%), Vitamin C: 8.45mg (10.24%), Fiber: 2.32g (9.26%), Copper: 0.18mg (8.92%), Vitamin E: 1mg (6.69%), Vitamin D: 0.79µg (5.29%), Folate: 19.56µg (4.89%), Calcium: 43.48mg (4.35%)