



Spice Rubbed Pork Roast in Beer Gravy

READY IN



150 min.

SERVINGS



6

CALORIES



387 kcal

SEASONING

MARINADE

Ingredients

- 16 ounces beer
- 2 tablespoons butter
- 1 pinch basil dried
- 1 pinch marjoram dried
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon mustard dry
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.5 teaspoon garlic powder

- 1 tablespoon garlic salt
- 2 teaspoons ground pepper black
- 0.5 teaspoon onion powder
- 1 teaspoon oregano dried
- 3 pound center-cut pork loin roast boneless
- 0.5 teaspoon pepper flakes red
- 1.5 teaspoons salt

Equipment

- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Melt butter in a skillet over medium-low heat. Cook and stir minced garlic, pepper, oregano, garlic powder, red pepper flakes, dried thyme, mustard, marjoram, and basil in hot butter until fragrant, thick, and easy to spread, 2 to 3 minutes.
- Place pork in a roasting pan.
- Spread garlic mixture over the top of the roast and season with salt.
- Pour beer into bottom of the roasting pan and cover pan with aluminum foil.
- Roast in the preheated oven for 45 minutes.
- Remove aluminum foil and continue to cook for 1 hour. Increase temperature to 425 degrees F (220 degrees C) and cook until pork is slightly pink in the center, about 30 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- Remove roast to a plate to rest and tent with aluminum foil.

Place roasting pan over medium–low heat and whisk flour, garlic salt, and onion powder into the pan drippings. Cook and whisk until gravy thickens, about 5 minutes.

Serve roast with gravy.

Nutrition Facts

PROTEIN 58.47% **FAT 33.41%** **CARBS 8.12%**

Properties

Glycemic Index:39.58, Glycemic Load:3.35, Inflammation Score:-7, Nutrition Score:24.975217057311%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 386.82kcal (19.34%), Fat: 13.18g (20.28%), Saturated Fat: 5.27g (32.91%), Carbohydrates: 7.21g (2.4%), Net Carbohydrates: 6.49g (2.36%), Sugar: 0.09g (0.1%), Cholesterol: 152.91mg (50.97%), Sodium: 1892.06mg (82.26%), Alcohol: 2.95g (100%), Alcohol %: 1.17% (100%), Protein: 51.91g (103.82%), Selenium: 65.27µg (93.24%), Vitamin B6: 1.78mg (89.04%), Vitamin B1: 1.05mg (69.74%), Vitamin B3: 13.72mg (68.6%), Phosphorus: 533.71mg (53.37%), Zinc: 4.21mg (28.05%), Vitamin B2: 0.47mg (27.8%), Potassium: 907.89mg (25.94%), Vitamin B12: 1.18µg (19.66%), Vitamin B5: 1.77mg (17.68%), Magnesium: 69.95mg (17.49%), Iron: 2.09mg (11.61%), Manganese: 0.21mg (10.69%), Vitamin K: 9.03µg (8.6%), Copper: 0.17mg (8.36%), Vitamin D: 0.91µg (6.05%), Vitamin A: 193.35IU (3.87%), Vitamin E: 0.57mg (3.83%), Calcium: 37.67mg (3.77%), Folate: 14.21µg (3.55%), Fiber: 0.72g (2.88%)