



Spiced Pork Roast

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

READY IN



95 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 3 medium carrots peeled cut into 2-inch pieces
- 2 teaspoons chili powder
- 10 cipollini onions
- 2 garlic cloves minced
- 1 teaspoon ground allspice
- 2 teaspoons ground cumin
- 2 cups chicken stock see low-sodium

- 1 tablespoon oregano dried
- 2.5 pound pork tenderloin dry with paper towels
- 6 servings salt and pepper black freshly ground for seasoning
- 0.3 cup grain mustard whole (recommended: Maille)

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat the oven to 400 degrees F.
- In a small bowl, mix together the mustard, chili powder, cumin, allspice, oregano, brown sugar, and garlic.
- Place the pork in a 9 by 13-inch roasting pan.
- Spread the mustard mixture over the top and sides of the pork to form a crust.
- Add the onions, carrots, and chicken stock to the pan. Roast for 1 hour and 15 minutes or until a meat thermometer inserted into the thickest part of the pork registers 160 degrees F. Allow the pork to rest for 10 minutes before serving.
- Remove the vegetables and arrange on a serving platter. Season the pan juices with salt and pepper and pour into a small serving pitcher.
- To serve, slice the pork into 1/4-inch slices. Arrange the pork slices on the serving platter with the roasted vegetables and serve with the pan juices.
- Cook's Note: This recipe will also work using a 2 1/2 pound beef roast. Allow an extra 10 to 15 minutes of cooking time.

Nutrition Facts



Properties

Glycemic Index:32.14, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:32.235652374185%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 295.02kcal (14.75%), Fat: 7.93g (12.21%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 9.96g (3.62%), Sugar: 5.86g (6.51%), Cholesterol: 122.85mg (40.95%), Sodium: 272.32mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.26g (84.51%), Vitamin B1: 1.93mg (128.56%), Vitamin A: 5330.22IU (106.6%), Selenium: 61.46µg (87.8%), Vitamin B6: 1.6mg (80.14%), Vitamin B3: 14.15mg (70.76%), Phosphorus: 527.95mg (52.79%), Vitamin B2: 0.71mg (41.93%), Potassium: 1043.47mg (29.81%), Zinc: 3.94mg (26.25%), Iron: 3.29mg (18.27%), Magnesium: 72.19mg (18.05%), Vitamin B5: 1.78mg (17.81%), Vitamin B12: 1.06µg (17.69%), Manganese: 0.29mg (14.68%), Copper: 0.27mg (13.7%), Fiber: 2.92g (11.7%), Vitamin K: 10.48µg (9.98%), Vitamin C: 6.06mg (7.34%), Vitamin E: 1.09mg (7.29%), Calcium: 70.42mg (7.04%), Folate: 18.44µg (4.61%), Vitamin D: 0.57µg (3.78%)