



WHATSheATE



HEALTH SCORE

51%

Spicy Honey Mustard Pork Roast



Gluten Free



Dairy Free



Popular

READY IN



150 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons pepper black



2 tablespoons dijon mustard



0.5 teaspoon thyme leaves dried crushed



0.3 cup honey



3 pounds roasted



0.5 teaspoon salt

Equipment



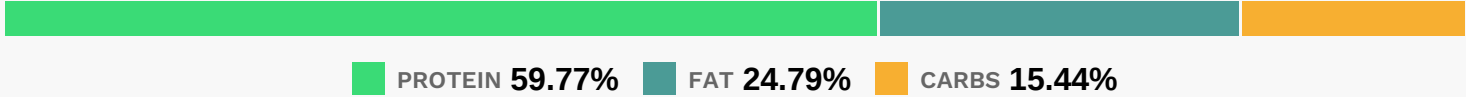
bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C). Score 1/2 inch slits in your roast and place in baking dish.
- ☐ Combine honey, mustard, pepper, thyme, and salt in small bowl; mix until well blended.
- ☐ Brush mixture over roast, working well into slits.
- ☐ Bake roast in preheated oven for one hour.
- ☐ Remove roast from oven and flip in pan.
- ☐ Brush remaining honey sauce over roast. Return to oven and continue baking for 45 minutes to an hour or until internal temperature reaches 145 degrees F (63 degrees C).
- ☐ Let stand for 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:6.33, Inflammation Score:-3, Nutrition Score:23.847391379916%

Nutrients (% of daily need)

Calories: 350.61kcal (17.53%), Fat: 9.45g (14.54%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.46g (4.53%), Sugar: 11.68g (12.98%), Cholesterol: 142.88mg (47.63%), Sodium: 360.93mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.25g (102.5%), Selenium: 64.74µg (92.48%), Vitamin B6: 1.73mg (86.27%), Vitamin B1: 1.02mg (67.78%), Vitamin B3: 13.1mg (65.51%), Phosphorus: 519.58mg (51.96%), Zinc: 4.17mg (27.83%), Vitamin B2: 0.44mg (25.69%), Potassium: 890.36mg (25.44%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.74mg (17.42%), Magnesium: 65.26mg (16.31%), Manganese: 0.31mg (15.51%), Iron: 1.66mg (9.24%), Copper: 0.17mg (8.39%), Vitamin D: 0.91µg (6.05%), Vitamin K: 4.78µg (4.55%), Fiber: 0.78g (3.12%), Calcium: 25.89mg (2.59%), Vitamin E: 0.34mg (2.26%)