



Savory Herb Roasted Pork

1

8 Servings

Preparation time: 15 minutes

Cook time: 2 hours

Ready in: 4 hours 15 minutes

Directions

1. Prepare grill
2. In a re-sealable plastic bag, combine Worcestershire sauce, mustard seed, mustard powder, vinegar, lemon pepper, garlic and celery, then mix the ingredients. Next, place the roast in the bag, press air out and seal. Let it marinate for two hours in the refrigerator while turning the roast occasionally.
3. Lightly oil the grill grate and place roast on the grill. Discard the marinade and cover the roast to let it cook for an hour and a half to two hours or until the internal temperature reaches 145 degrees.

Nutritional Information

Calories: 277

Protein: 40 g

Fat: 9 g

Carbohydrate: 5 g

Cholesterol: 115 mg

Sodium: 237mg

Ingredients

- 1 (4 pounds) pork loin roast
- ½ teaspoon of mustard seed
- ½ teaspoon of mustard powder
- 2 tablespoons of cider vinegar
- 1 teaspoon of lemon pepper
- ½ teaspoon of celery salt
- 1 clove of garlic minced
- 2 tablespoons of honey
- 1/3 cup of low sodium Worcestershire sauce