Pork (Boneless Pork Loin Roast)

Low SF

Potato

Dinner D1-5

Low Sodium

High Protein

Low Carb

Maple Brined Roast Pork Loin with Mustard Glaze

4 oz Roasted Red Potatoes
3 oz Green Beans

Notes:	*Servings*	*Prep*	*Cook*	*Total*
Brine the Pork for 24 hours.	8	5 min	1hr15min	1hr20min
Roast the potatoes and beans together.				

Nutritional Information

3/23/2023

	Pork	*Potatoes*	*Beans*	*Total*
Calories	304	80	25	*409*
Total Fat (g)	15	0	0	*15*
Saturated Fat (g)	**6**	**0**	**0**	***6***
Cholesterol (mg)	**69**	**0**	**0**	***69***
Sodium (mg)	**617**	**18**	**5**	***640***
Carbs (g)	**12**	**18**	**6**	***36***
Fiber	0	3	2	*5*
Sugar	*10	1	3	*14*
Protein (g)	29	2	2	*33*

Contains 10g Added Sugar

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
4	1	1				

MM

2 Carb Count

7 HH Score

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