

## Peppered Pork Roast - recipe from [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com)

Times: 5 minutes prep, 80 minutes cook

### Ingredients:

1 pork loin roast, 4-pound, (OR 2 2-pound roasts)

6 tablespoons pepper blend seasoning

### Cooking Directions:

Rub all surfaces of roast(s) with seasoned pepper. Place pork in shallow roasting pan and roast in 350 degrees F. oven for 45 minutes to 1 hour and 15 minutes, until internal temperature on a thermometer reads 150 degrees F. Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes.&nbsp;Slice and serve.

Nutrition for 4 servings.

Wrap and refrigerate leftovers for up to three days.

Use leftovers with Caesar Sandwich, Caribbean Pork and Mango Salad, or Mediterranean Pasta Salad.

### Nutrition:

Calories: 160 calories



Protein: 22 grams

Fat: 6 grams

Sodium: 50 milligrams

Cholesterol: 60 milligrams

Saturated Fat: 1 grams

Carbohydrates: 2 grams

