

# Herb Crusted Pork Roast

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-style-pork-roast>

## Ingredients:

- 750 grams pork roast
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 1/2 teaspoons dried sage leaves
- 1/2 teaspoon paprika
- 3 teaspoons crushed garlic
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 1/2 tablespoons oil Sesami seed
- 1/4 red onion diced
- 1/4 cup balsamic vinegar
- 1/4 cup brown sugar
- 2 tablespoons soya sauce
- 1 teaspoon chilli flakes
- 1 teaspoon chilli sauce Harrybasco
- 1/2 teaspoon black pepper
- 1 teaspoon butter
- ginger Sprinkle of
- 2 lemon juice Shakes of

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 120 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 42 grams
7. SaturatedFat: 3 grams
8. Sodium: 1160 milligrams

9. Sugar: 12 grams

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