



## Balsamic Roasted Pork Loin

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



185 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup balsamic vinegar
- 2 pounds pork loin roast boneless
- 0.5 cup olive oil
- 2 tablespoons steak seasoning rub

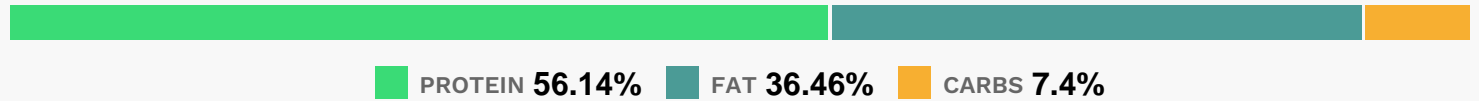
### Equipment

- oven
- ziploc bags
- glass baking pan

## Directions

- Dissolve steak seasoning in balsamic vinegar, then stir in olive oil.
- Place pork into a resealable plastic bag and pour marinade overtop. Squeeze out air and seal bag; marinate 2 hours to overnight.
- Preheat oven to 350 degrees F (175 degrees C).
- Place pork into a glass baking dish along with marinade.
- Bake in preheated oven, basting occasionally until the pork reaches an internal temperature of 145 degrees F (65 degrees C), about 1 hour.
- Let the roast rest for 10 minutes before slicing and serving.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:16.281304544729%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 254.2kcal (12.71%), Fat: 9.84g (15.14%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.22g (3.58%), Cholesterol: 95.25mg (31.75%), Sodium: 79.41mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.17%), Selenium: 41.98µg (59.97%), Vitamin B6: 1.16mg (57.96%), Vitamin B1: 0.67mg (44.89%), Vitamin B3: 8.73mg (43.63%), Phosphorus: 346.51mg (34.65%), Zinc: 2.78mg (18.54%), Potassium: 598.43mg (17.1%), Vitamin B2: 0.29mg (16.78%), Vitamin B12: 0.77µg (12.85%), Vitamin K: 12.91µg (12.29%), Vitamin B5: 1.13mg (11.26%), Magnesium: 44.85mg (11.21%), Iron: 1.46mg (8.11%), Manganese: 0.13mg (6.49%), Copper: 0.1mg (5.22%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.6µg (4.03%), Calcium: 26.61mg (2.66%)