



Broccoli Ranch Pork Loin

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin roast boneless trimmed of fat
- 1 cup broccoli florets thawed
- 2 tablespoons dijon mustard
- 1 tablespoon mayonnaise
- 1 ounce salad dressing & seasoning mix divided hidden valley® original ranch®
- 0.3 cup seasoned bread crumbs dry

Equipment

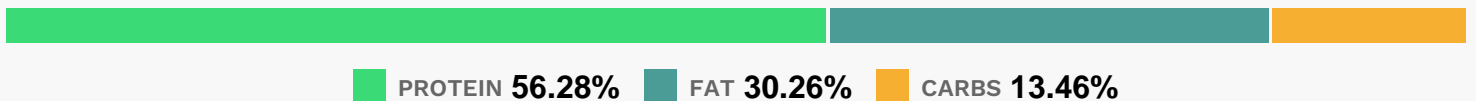
- food processor

- bowl
- oven
- toothpicks
- roasting pan

Directions

- Preheat oven to 400 degrees F.
- Slice down the pork lengthwise leaving a 1-inch thickness of meat and lay flat on a clean surface.
- In a food processor, combine the broccoli with 2 teaspoons Ranch mix and mayonnaise and process until smooth. Spoon the mixture into the bottom half of pork, roll, and fasten with toothpicks.
- In a bowl, combine remaining Ranch mix and bread crumbs and mix well.
- Liberally brush the mustard all over pork and roll the pork in bread crumb mixture until well coated.
- Transfer pork to a roasting pan fit with a rack.
- Roast for 40 minutes, or until an internal temperature of 165 degrees F is reached and the roast is nicely browned.
- Let pork stand 10 minutes before removing the toothpicks and slicing crosswise into 1-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:18.730869832246%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 262.32kcal (13.12%), Fat: 8.47g (13.04%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 7.54g (2.74%), Sugar: 0.72g (0.81%), Cholesterol: 96.3mg (32.1%), Sodium: 592.34mg (25.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Selenium: 45.66µg (65.23%), Vitamin B6: 1.18mg (59.16%), Vitamin B1: 0.75mg (50.29%), Vitamin B3: 9.22mg (46.11%), Phosphorus: 367.89mg (36.79%), Vitamin K: 22.42µg (21.35%), Vitamin B2: 0.33mg (19.52%), Zinc: 2.91mg (19.43%), Potassium: 636.77mg (18.19%), Vitamin C: 13.73mg (16.64%), Vitamin B12: 0.8µg (13.29%), Vitamin B5: 1.27mg (12.74%), Magnesium: 47.99mg (12%), Iron: 1.34mg (7.44%), Manganese: 0.13mg (6.45%), Copper: 0.12mg (5.78%), Folate: 17.95µg (4.49%), Vitamin D: 0.61µg (4.06%), Fiber: 0.94g (3.74%), Calcium: 30.16mg (3.02%), Vitamin E: 0.43mg (2.84%), Vitamin A: 112.42IU (2.25%)