



Broccoli Ranch Pork Loin

 Dairy Free Image not found or type unknown

READY IN

Image not found or type unknown
ready

70 min.

SERVINGS

Image not found or type unknown
servings

6

CALORIES

Image not found or type unknown
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

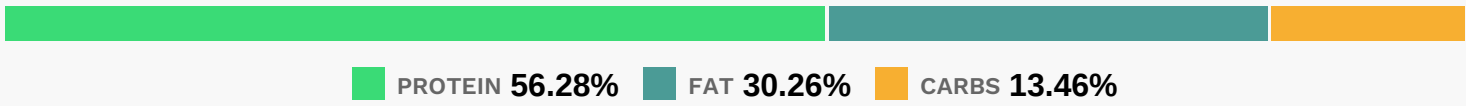
- ☐ food processor

- ☐ 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%)