



Cajun Garlic Pork Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 2 pound pork loin roast boneless trimmed
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1.5 tablespoons garlic fresh minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon oregano dried
- ☐ 1 teaspoon lawry's seasoned salt

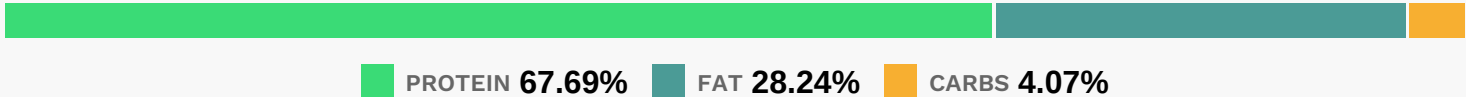
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Rub first 7 ingredients over roast; place on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 1 hour and 30 minutes or until a thermometer registers 15
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:12.483478382878%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 156.83kcal (7.84%), Fat: 4.76g (7.33%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.08g (0.08%), Cholesterol: 71.44mg (23.81%), Sodium: 353.33mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.69g (51.38%), Selenium: 31.77µg (45.38%), Vitamin B6: 0.89mg (44.58%), Vitamin B1: 0.51mg (33.97%), Vitamin B3: 6.61mg (33.07%), Phosphorus: 261.53mg (26.15%), Zinc: 2.11mg (14.07%), Vitamin B2: 0.22mg (13.07%), Potassium: 456.49mg (13.04%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.87mg (8.7%), Magnesium: 33.88mg (8.47%), Manganese: 0.14mg (7.17%), Iron: 1.15mg (6.39%), Vitamin K: 5.14µg (4.89%), Copper: 0.09mg (4.35%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.42mg (2.8%), Vitamin A: 127.86IU (2.56%), Calcium: 24.33mg (2.43%), Fiber: 0.58g (2.32%)