



Cajun Roasted Pork Loin

READY IN



145 min.

SERVINGS



8

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 carrots cut into 1/2 inch pieces
- 0.5 teaspoon cayenne pepper
- 1 stalk celery cut into 1/2 inch pieces
- 0.5 cup chicken broth
- 0.5 teaspoon thyme leaves dried
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.5 teaspoon ground mustard

- 0.5 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 large onion cut into 1/2-inch pieces
- 1 teaspoon oregano dried
- 4 pound pork loin roast
- 1 bell pepper red cut into 1/2 inch pieces
- 8 servings salt and pepper to taste

Equipment

- frying pan
- oven
- knife
- whisk
- roasting pan

Directions

- Preheat oven to 300 degrees F (150 degrees C).
- Melt the butter in a small skillet over medium heat. Stir in the cayenne, oregano, pepper, thyme, mustard, and garlic. Cook for 1 minute. Use a paring knife to make several small incisions in the fat side of the meat. Stuff the slits with the spice mix, and rub the remaining mix over the surface of the meat.
- Sprinkle the roast with salt and pepper.
- Heat the olive oil in a roasting pan over medium heat.
- Put the roast in the pan, and surround with the carrots, red pepper, celery, and onion. Lightly salt and pepper the vegetables.
- Place roasting pan in preheated oven, and cook for 1 hour and 45 minutes. Increase the oven temperature to 425 degrees F, and cook for an additional 15 minutes to brown the meat. Cook until meat is 145 degrees F (63 degrees C).
- Remove roast from pan, and let stand 10 minutes before slicing.
- Place the roasting pan, with the pan juices, over medium heat.

- Whisk the flour into the hot drippings, and cook for 3 minutes.
- Pour in the chicken stock and cook, whisking occasionally, for 6 minutes. Strain sauce, and serve with the sliced pork roast.

Nutrition Facts

PROTEIN 57.24%

FAT 34.9%

CARBS 7.86%

Properties

Glycemic Index:45.23, Glycemic Load:2.73, Inflammation Score:-10, Nutrition Score:28.995651804883%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 372.67kcal (18.63%), Fat: 14.05g (21.62%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.68g (2.06%), Sugar: 2.32g (2.58%), Cholesterol: 150.7mg (50.23%), Sodium: 398.18mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.86g (103.72%), Selenium: 64.41µg (92.02%), Vitamin B6: 1.82mg (91.02%), Vitamin B1: 1.06mg (70.78%), Vitamin B3: 13.6mg (68%), Vitamin A: 3183.42IU (63.67%), Phosphorus: 533.84mg (53.38%), Zinc: 4.26mg (28.4%), Vitamin B2: 0.48mg (28.31%), Potassium: 987.1mg (28.2%), Vitamin C: 21.86mg (26.49%), Vitamin B12: 1.17µg (19.43%), Vitamin B5: 1.84mg (18.41%), Magnesium: 67.71mg (16.93%), Iron: 1.75mg (9.73%), Copper: 0.16mg (8.18%), Vitamin K: 8.54µg (8.13%), Manganese: 0.16mg (8.08%), Vitamin E: 1.08mg (7.23%), Vitamin D: 0.91µg (6.05%), Fiber: 1.44g (5.76%), Folate: 21.5µg (5.37%), Calcium: 33.32mg (3.33%)