



Chipotle Pork Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chipotle chilies canned
- ☐ 10 cloves garlic peeled
- ☐ 10 servings orange wedges
- ☐ 2 cups orange juice
- ☐ 1 tablespoon oregano leaves dried fresh chopped
- ☐ 3 lb boned center-cut pork loin
- ☐ 1 tablespoon salad oil
- ☐ 10 servings salt and pepper

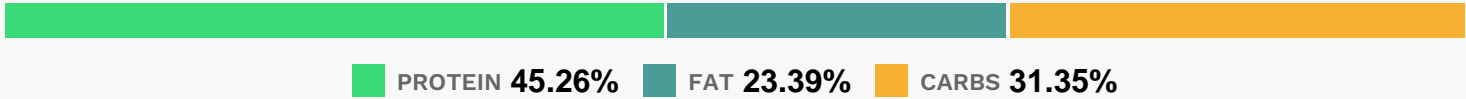
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Rinse pork; pat dry.
- ☐ Cut garlic into 1/2-inch slices.
- ☐ Cut 1/2-inch slits all over meat; insert garlic in them.
- ☐ Place meat in a 1-gallon heavy plastic food bag.
- ☐ In a blender, whirl orange juice, chilies with sauce, chopped oregano, and oil until smooth.
- ☐ Pour over pork, seal bag, and turn to coat. Set bag in a bowl. Chill at least 4 hours or up to 1 day, turning occasionally.
- ☐ Prepare barbecue. If using charcoal briquets, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- ☐ Add 5 more briquets now, and every 30 minutes of cooking, to each mound of coals.
- ☐ If using a gas barbecue, turn heat to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high.
- ☐ Set a drip pan on firegrate between coals or burners. Set barbecue grill in place.
- ☐ Lift pork from marinade and lay on grill, not over heat. Cover barbecue; open vents for charcoal. During the first hour, baste meat with marinade occasionally. Cook pork until a thermometer reaches 155 in center of thickest part, 1 1/4 to 1 3/4 hours. Discard remaining marinade.
- ☐ Transfer pork to a platter, keep warm, and let rest about 10 minutes.
- ☐ Garnish with oregano sprigs and orange wedges.
- ☐ Cut meat into thin slices, squeeze juice from orange wedges over slices, and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.95, Glycemic Load:6.51, Inflammation Score:-8, Nutrition Score:21.56478255728%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg, Naringenin: 14.85mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 288.36kcal (14.42%), Fat: 7.51g (11.55%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 17.85g (6.49%), Sugar: 15.9g (17.67%), Cholesterol: 85.73mg (28.58%), Sodium: 268.38mg (11.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.69g (65.37%), Vitamin C: 73.63mg (89.25%), Vitamin B6: 1.14mg (57.18%), Selenium: 38.64µg (55.2%), Vitamin B1: 0.73mg (48.84%), Vitamin B3: 8.31mg (41.57%), Phosphorus: 332.54mg (33.25%), Potassium: 789.4mg (22.55%), Fiber: 4.79g (19.15%), Vitamin B2: 0.31mg (18.31%), Zinc: 2.59mg (17.24%), Vitamin B5: 1.36mg (13.56%), Magnesium: 51.94mg (12.99%), Vitamin B12: 0.69µg (11.57%), Folate: 43.15µg (10.79%), Copper: 0.15mg (7.68%), Iron: 1.16mg (6.45%), Vitamin A: 310.48IU (6.21%), Calcium: 61.79mg (6.18%), Manganese: 0.11mg (5.73%), Vitamin E: 0.7mg (4.65%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.54µg (3.63%)