



Citrus Roasted Pork

 **Gluten Free**  **Dairy Free**

READY IN



1575 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cloves garlic
- 0.5 tsp ground cumin
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 peel and juice from limes grated
- 0.5 cup orange juice
- 3 lb pork loin

Equipment

- bowl

- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags

Directions

- Pierce meat all over with the tip of a sharp knife. Insert the garlic into the cuts in the meat.
- Place in a bowl or large freezer-weight resealable plastic bag.
- Mix dressing, cumin, lime zest and juice until well blended; pour over meat. Cover the bowl or seal the bag and refrigerate overnight.
- Remove meat from the marinade; discard marinade.
- Place meat in a foil-lined roasting pan.
- Bake at 350F for 1-1/2 hours.
- Pour orange juice over meat. Insert a meat thermometer into the thickest part of the meat.
- Bake an additional 30 min. or until internal temperature reaches 160F.
- Let stand 10 min. before slicing to serve.
- Serve with juices from the pan.

Nutrition Facts

 **PROTEIN 57.61%**  **FAT 34.04%**  **CARBS 8.35%**

Properties

Glycemic Index:14.88, Glycemic Load:1.34, Inflammation Score:-3, Nutrition Score:18.645217747792%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 9.05mg, Hesperetin: 9.05mg, Hesperetin: 9.05mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin:

0.9mg, Naringenin: 0.9mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:
0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 273.92kcal (13.7%), Fat: 10.1g (15.54%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 5.58g (1.86%), Net
Carbohydrates: 5.04g (1.83%), Sugar: 3.19g (3.54%), Cholesterol: 107.16mg (35.72%), Sodium: 230.09mg (10%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.46g (76.93%), Selenium: 47.66µg (68.08%), Vitamin B6:
1.32mg (66.08%), Vitamin B1: 0.78mg (51.9%), Vitamin B3: 9.9mg (49.5%), Phosphorus: 392.92mg (39.29%), Zinc:
3.12mg (20.78%), Potassium: 703.33mg (20.1%), Vitamin B2: 0.33mg (19.28%), Vitamin C: 13.04mg (15.81%), Vitamin
B12: 0.87µg (14.46%), Vitamin B5: 1.34mg (13.4%), Magnesium: 48.41mg (12.1%), Vitamin K: 8.37µg (7.97%), Iron:
1.19mg (6.61%), Copper: 0.12mg (6.18%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.59mg (3.94%), Manganese:
0.04mg (2.15%), Fiber: 0.54g (2.15%), Calcium: 20.85mg (2.08%), Folate: 6.04µg (1.51%)