



Cornmeal-and-Chile-Cumin Coated Pork Loin

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb pork loin boneless trimmed
- 1 tablespoon cumin seeds toasted
- 1.5 teaspoons olive oil
- 2 tablespoons cornmeal yellow

Equipment

- frying pan
- oven
- baking pan

kitchen thermometer

Directions

- Preheat oven to 350°F.
- Pat pork dry and season with salt and pepper. Stir together cornmeal and cumin and transfer to a plate. Turn pork in cornmeal mixture to coat well and discard any remaining mixture.
- Heat oil in a 10-inch nonstick skillet until hot but not smoking and brown pork, turning, about 3 minutes.
- Transfer pork to a shallow baking pan and roast in middle of oven until a thermometer inserted diagonally at least 2 inches into pork registers 155°F, 30 to 45 minutes.
- Let stand, loosely covered, 10 minutes.
- Cut pork into 12 slices (about 1/4 inch thick).
- Each serving about 208 calories and 11 grams fat.
- Gourmet

Nutrition Facts

PROTEIN 59.58% **FAT 32.52%** **CARBS 7.9%**

Properties

Glycemic Index:18.38, Glycemic Load:2.2, Inflammation Score:-2, Nutrition Score:15.254782839314%

Nutrients (% of daily need)

Calories: 225.19kcal (11.26%), Fat: 7.88g (12.13%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 3.68g (1.34%), Sugar: 0.11g (0.12%), Cholesterol: 89.3mg (29.77%), Sodium: 72.21mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (64.99%), Selenium: 39.64µg (56.63%), Vitamin B6: 1.11mg (55.31%), Vitamin B1: 0.65mg (43.49%), Vitamin B3: 8.34mg (41.68%), Phosphorus: 337.67mg (33.77%), Zinc: 2.78mg (18.52%), Potassium: 573.07mg (16.37%), Vitamin B2: 0.27mg (16.15%), Vitamin B12: 0.72µg (12.05%), Magnesium: 47.69mg (11.92%), Vitamin B5: 1.09mg (10.86%), Iron: 1.92mg (10.66%), Copper: 0.11mg (5.37%), Manganese: 0.09mg (4.6%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.47mg (3.12%), Fiber: 0.63g (2.51%), Calcium: 21.37mg (2.14%)