



HEALTH SCORE

55%

Dad's Basic Moist Pork Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 3 pound top loin pork roast boneless

Equipment

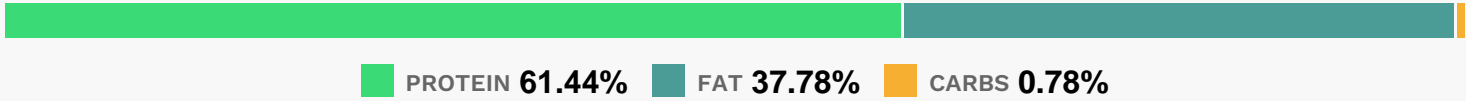
- ☐ bowl
- ☐ oven
- ☐ roasting pan

☐ kitchen thermometer

Directions

- ☐ Combine oil, pepper, and salt in a bowl; rub oil mixture over pork and refrigerate while oven preheats.
- ☐ Preheat an oven to 475 degrees F (245 degrees C).
- ☐ Place a roasting rack in a large roasting pan; arrange pork on the roasting rack.
- ☐ Roast in preheated oven until pork with browned, about 30 minutes.
- ☐ Remove pork from oven and reduce oven heat to 325 degrees F (165 degrees C). Allow pork to rest uncovered at room temperature for 30 minutes. An instant-read thermometer inserted into the center should read between 115 degrees F (46 degrees C) and 140 degrees F (60 degrees C).
- ☐ Return to oven and continue to cook until pork is slightly pink in the center, 15 to 30 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Let the roast stand uncovered at room temperature for 15 to 20 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:23.001304440848%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 343.13kcal (17.16%), Fat: 13.91g (21.4%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.01g (0.01%), Cholesterol: 142.88mg (47.63%), Sodium: 499mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.88g (101.77%), Selenium: 62.87µg (89.82%), Vitamin B6: 1.72mg (85.76%), Vitamin B1: 1.01mg (67.05%), Vitamin B3: 13.04mg (65.2%), Phosphorus: 511.87mg (51.19%), Zinc: 4.1mg (27.3%), Vitamin B2: 0.43mg (25.05%), Potassium: 861.63mg (24.62%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.7mg (17.04%), Magnesium: 60.69mg (15.17%), Iron: 1.35mg (7.51%), Copper: 0.15mg (7.26%), Manganese: 0.14mg (7.22%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.91µg (6.05%), Vitamin K: 4.45µg (4.23%), Calcium:

16.06mg (1.61%), Fiber: 0.25g (1.01%)