



Garlic-Honey Marinated Pork Loin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin roast boneless
- ☐ 3 tablespoons cooking sherry dry
- ☐ 6 garlic cloves minced
- ☐ 0.8 cup honey
- ☐ 0.8 cup juice of lemon
- ☐ 1 sprigs garnishes: parsley sage leaves fresh
- ☐ 6 tablespoons kikkoman soy sauce

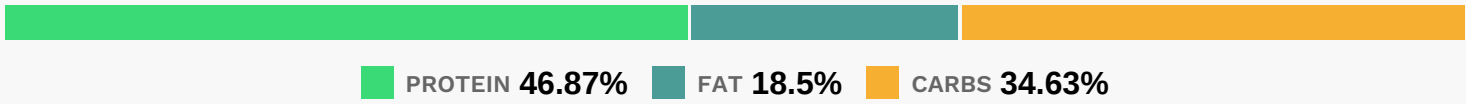
Equipment

- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Combine first 5 ingredients in a large shallow dish; add roast. Cover and chill 8 hours, turning roast occasionally.
- ☐ Bake at 325 for 1 hour and 40 minutes or until a meat thermometer inserted in thickest portion registers 16
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:15.263912984291%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 273.85kcal (13.69%), Fat: 5.59g (8.6%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 23.3g (8.47%), Sugar: 21.58g (23.98%), Cholesterol: 85.73mg (28.58%), Sodium: 671.7mg (29.2%), Alcohol: 0.46g (100%), Alcohol %: 0.3% (100%), Protein: 31.86g (63.73%), Selenium: 38.26µg (54.66%), Vitamin B6: 1.09mg (54.4%), Vitamin B3: 8.31mg (41.55%), Vitamin B1: 0.62mg (41.17%), Phosphorus: 326.27mg (32.63%), Zinc: 2.59mg (17.25%), Vitamin B2: 0.29mg (16.82%), Potassium: 574.48mg (16.41%), Copper: 0.23mg (11.71%), Vitamin B12: 0.69µg (11.57%), Vitamin B5: 1.11mg (11.08%), Magnesium: 42.28mg (10.57%), Vitamin C: 7.77mg (9.42%), Iron: 1.16mg (6.45%), Manganese: 0.13mg (6.27%), Vitamin D: 0.54µg (3.63%), Folate: 6.21µg (1.55%), Calcium: 15.52mg (1.55%), Vitamin E: 0.21mg (1.37%)