



 **33%**
HEALTH SCORE

Garlic-Studded Pork Loin Roast

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

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large garlic clove thinly sliced
- 0.5 teaspoon pepper black
- 2.3 pound pork loin boneless
- 8 servings rosemary
- 0.5 teaspoon salt
- 1 tablespoon vinegar

Equipment

- oven

kitchen thermometer

broiler pan

Directions

Unroll roast, and trim fat. Reroll the roast, and secure at 1-inch intervals with heavy string. Rub surface of roast with vinegar. Make several 1-inch-deep slits in the roast, and stuff with garlic slices.

Sprinkle salt and cracked black pepper over roast.

Place roast on a broiler pan coated with cooking spray. Insert meat thermometer into the roast.

Bake at 350 for 2 hours or until meat thermometer registers 16

Garnish roast with fresh herbs.

Nutrition Facts

 **PROTEIN 70.29%** **FAT 28.74%** **CARBS 0.97%**

Properties

Glycemic Index:22.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:12.679130388343%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.52kcal (8.53%), Fat: 5.2g (8%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.01g (0.01%), Cholesterol: 80.37mg (26.79%), Sodium: 208.1mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.26%), Selenium: 35.47µg (50.66%), Vitamin B6: 0.97mg (48.73%), Vitamin B1: 0.57mg (37.82%), Vitamin B3: 7.34mg (36.68%), Phosphorus: 288.53mg (28.85%), Zinc: 2.31mg (15.4%), Vitamin B2: 0.24mg (14.12%), Potassium: 482.82mg (13.79%), Vitamin B12: 0.65µg (10.84%), Vitamin B5: 0.96mg (9.57%), Magnesium: 33.81mg (8.45%), Iron: 0.74mg (4.14%), Copper: 0.08mg (3.93%), Vitamin D: 0.51µg (3.4%), Manganese: 0.04mg (2.04%), Vitamin E: 0.17mg (1.12%)