



Grilled Garlic-Sage Pork Roast



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cloves garlic finely chopped
- ☐ 3 tablespoons sage fresh chopped
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 lb pork loin boneless

Equipment

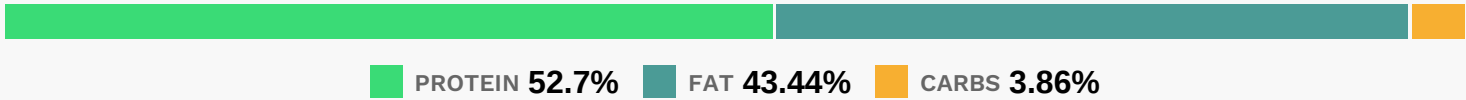
- ☐ bowl

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill. In small bowl, stir together garlic, sage, oil, salt and pepper. Rub garlic mixture over pork.
- ☐ Carefully brush oil on grill rack.
- ☐ Place pork on grill over medium heat. Cover; cook 35 to 40 minutes, turning occasionally, until meat thermometer inserted into center of pork reads 155°.
- ☐ Remove from grill; cover with foil and let stand 5 minutes until thermometer reads 160°F.
- ☐ To serve, cut pork across grain into thin slices.
- ☐ Garnish with additional fresh sage leaves if desired.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:17.216521638324%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 201.47kcal (10.07%), Fat: 9.44g (14.53%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.04g (0.05%), Cholesterol: 71.44mg (23.81%), Sodium: 250.2mg (10.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Copper: 9.17mg (458.64%), Selenium: 31.98µg (45.69%), Vitamin B6: 0.91mg (45.3%), Vitamin B1: 0.52mg (34.62%), Vitamin B3: 6.54mg (32.72%), Phosphorus: 262.51mg (26.25%), Manganese: 0.38mg (19.22%), Zinc: 2.15mg (14.3%), Potassium: 454.09mg (12.97%), Vitamin B2: 0.22mg (12.96%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.73mg (8.93%), Vitamin B5: 0.87mg (8.7%), Vitamin E: 0.97mg (6.45%), Iron: 1.03mg (5.7%), Vitamin K: 3.53µg (3.36%), Calcium: 33.07mg (3.31%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.25mg (1.51%), Fiber: 0.32g (1.28%)