



Grilled Pork Loin Roast



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings soda pop-and-soy marinade
- ☐ 1 leaf garnish: flat parsley sprigs fresh
- ☐ 0.5 teaspoon pepper
- ☐ 2.5 lb pork loin roast
- ☐ 1 teaspoon salt

Equipment

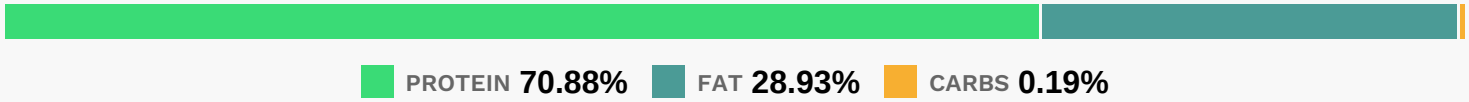
- ☐ knife
- ☐ grill

- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Place Soda Pop-and-Soy Marinade in a shallow dish or large zip-top plastic freezer bag. Pierce pork loin roast several times with a knife; add roast to marinade, and turn to coat. Cover or seal, and chill 4 to 6 hours, turning occasionally.
- ☐ Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Remove roast from marinade, discarding marinade. Pat roast dry, and sprinkle with salt and pepper. Tie with kitchen string, securing at 2-inch intervals.
- ☐ Place roast over lit side of grill, and grill, covered with grill lid, 5 minutes on each side or until browned.
- ☐ Transfer roast to unlit side, and grill, covered with grill lid, 1 hour or until a meat thermometer inserted into thickest portion registers 15
- ☐ Remove from grill, and let stand 10 minutes before slicing.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:14.020869526688%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 187.48kcal (9.37%), Fat: 5.76g (8.86%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0g (0%), Cholesterol: 89.3mg (29.77%), Sodium: 360.28mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Selenium: 39.27µg (56.1%), Vitamin B6: 1.07mg (53.53%), Vitamin B1: 0.63mg (41.88%), Vitamin B3: 8.15mg (40.73%), Phosphorus: 319.3mg (31.93%), Zinc: 2.56mg (17.03%), Vitamin B2: 0.27mg (15.63%), Potassium: 532.62mg (15.22%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.06mg (10.58%), Magnesium: 37.14mg (9.28%), Iron: 0.79mg (4.38%), Copper: 0.08mg (4.22%), Vitamin D: 0.57µg

(3.78%), Vitamin K: 2.25µg (2.15%), Manganese: 0.03mg (1.34%), Vitamin E: 0.19mg (1.24%)