



Grilled Seasoned Pork Roast

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



8

CALORIES



231 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 1.5 teaspoons onion powder
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons poultry seasoning
- ☐ 1 teaspoon chili powder
- ☐ 3 lb pork loin boneless

Equipment

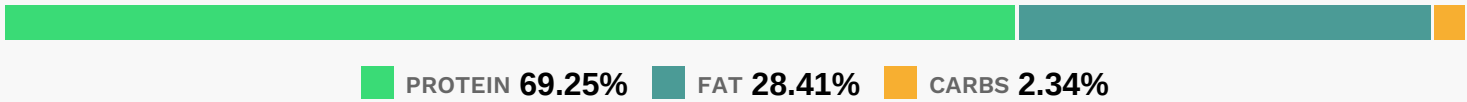
- ☐ bowl

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Heat gas or charcoal grill for indirect-heat cooking as directed by manufacturer. In small bowl, mix all ingredients except roast. Rub mixture onto all sides of roast. (Do not remove strings until after grilling.)
- ☐ Place roast, fat side up, on grill for indirect cooking. Cover grill; cook 1 hour 30 minutes to 2 hours 15 minutes or until meat thermometer inserted into thickest part of roast reads 160°F.
- ☐ Let roast stand 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:17.424782401842%

Nutrients (% of daily need)

Calories: 230.53kcal (11.53%), Fat: 6.99g (10.75%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.08g (0.08%), Cholesterol: 107.16mg (35.72%), Sodium: 378.99mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.33g (76.66%), Selenium: 47.44µg (67.77%), Vitamin B6: 1.31mg (65.56%), Vitamin B1: 0.76mg (50.7%), Vitamin B3: 9.82mg (49.12%), Phosphorus: 388.64mg (38.86%), Zinc: 3.13mg (20.84%), Vitamin B2: 0.32mg (18.98%), Potassium: 657.16mg (18.78%), Vitamin B12: 0.87µg (14.46%), Vitamin B5: 1.28mg (12.78%), Magnesium: 46.73mg (11.68%), Iron: 1.2mg (6.65%), Copper: 0.11mg (5.59%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.31µg (4.1%), Manganese: 0.06mg (3.17%), Vitamin E: 0.33mg (2.19%), Vitamin A: 87.29IU (1.75%), Calcium: 16.52mg (1.65%), Fiber: 0.27g (1.07%)