



Hawkeye Pork Roast

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



9

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound pork loin boneless
- 2 tablespoons garlic powder
- 1 tablespoon ground pepper black
- 2 tablespoons onion powder

Equipment

- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Season the pork loin evenly with the onion powder, garlic powder, and black pepper; place into a roasting pan.
- Cook until the pork is no longer pink in the center, about 90 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 67.07% **FAT 27.17%** **CARBS 5.76%**

Properties

Glycemic Index:4.11, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:15.790869584874%

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 6.19g (9.52%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.38g (0.87%), Sugar: 0.15g (0.17%), Cholesterol: 95.25mg (31.75%), Sodium: 76.42mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.76%), Selenium: 42.56µg (60.8%), Vitamin B6: 1.18mg (59.2%), Vitamin B1: 0.69mg (45.69%), Vitamin B3: 8.71mg (43.57%), Phosphorus: 353.62mg (35.36%), Zinc: 2.85mg (18.97%), Potassium: 610.87mg (17.45%), Vitamin B2: 0.29mg (16.92%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.16mg (11.6%), Magnesium: 43.58mg (10.89%), Manganese: 0.13mg (6.66%), Iron: 1.04mg (5.79%), Copper: 0.12mg (5.76%), Vitamin D: 0.6µg (4.03%), Fiber: 0.57g (2.26%), Calcium: 17.89mg (1.79%), Vitamin E: 0.22mg (1.46%), Vitamin K: 1.16µg (1.11%)