

 79%
HEALTH SCORE

Healthier Roasted Pork Loin



Gluten Free



Dairy Free



Very Healthy

READY IN



150 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork loin roast boneless
- ☐ 4 medium carrots split cut into 2-inch pieces
- ☐ 2 heads fennel bulb quartered
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1.5 pounds potatoes red quartered

☐ 0.5 cup white wine

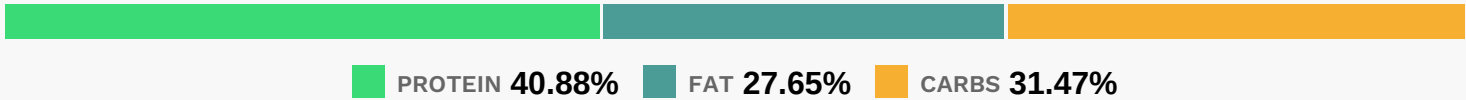
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Crush garlic with rosemary, salt, and pepper to make a paste. Pierce meat with a sharp knife in several places and press the garlic paste into openings. Rub meat with remaining garlic mixture and 2 tablespoons olive oil.
- ☐ Place the pork loin into a roasting pan and cook in preheated oven for 45 minutes, basting with pan juices several times.
- ☐ Add the carrots, potatoes, and fennel to the pan and drizzle with 2 tablespoons olive oil. Season with more salt and pepper. Continue to roast until pork is no longer pink in the center, about 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Remove roast and vegetables to platter.
- ☐ Pour wine into pan, and bring to a boil while scraping browned bits of food off bottom of pan with wooden spoon.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:2.25, Inflammation Score:-10, Nutrition Score:24.737825911978%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 285.68kcal (14.28%), Fat: 8.45g (13%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 17.41g (6.33%), Sugar: 5g (5.55%), Cholesterol: 71.44mg (23.81%), Sodium: 123.5mg (5.37%), Alcohol: 1.54g (100%), Alcohol %: 0.64% (100%), Protein: 28.12g (56.23%), Vitamin A: 5194.94IU (103.9%), Vitamin B6: 1.09mg (54.69%), Selenium: 32.46µg (46.37%), Vitamin K: 45.58µg (43.41%), Vitamin B3: 8.2mg (40.98%), Vitamin B1: 0.6mg (40.03%), Phosphorus: 351.86mg (35.19%), Potassium: 1170.74mg (33.45%), Vitamin C: 16.59mg (20.11%), Zinc: 2.55mg (16.99%), Fiber: 4.23g (16.93%), Manganese: 0.34mg (16.86%), Vitamin B2: 0.28mg (16.43%), Magnesium: 64.21mg (16.05%), Vitamin B5: 1.32mg (13.2%), Copper: 0.24mg (11.94%), Iron: 1.87mg (10.41%), Vitamin B12: 0.58µg (9.64%), Folate: 37.64µg (9.41%), Vitamin E: 1.2mg (8.02%), Calcium: 58.35mg (5.84%), Vitamin D: 0.45µg (3.02%)