



Herb Crusted Pork Loin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoon basil leaves fresh
- ☐ 2 teaspoon rosemary leaves fresh minced
- ☐ 2 teaspoon thyme leaves fresh
- ☐ 6 clove garlic cloves minced peeled
- ☐ 3 tablespoon olive oil
- ☐ 1 tablespoon salt

Equipment

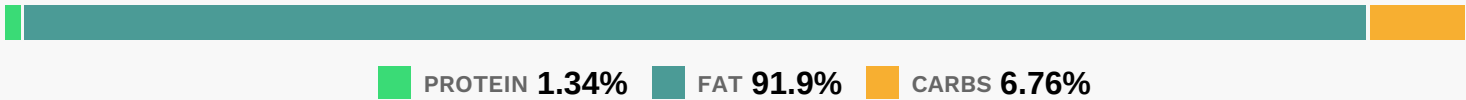
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Place the pork loin on a rack in a roasting pan.
- ☐ Combine the remaining ingredients in a mortar and pestle and process until a chunky paste is achieved. Massage the mixture onto the pork loin, covering all of the meat and fat.Roast the pork for 20 minutes.Reduce the heat to 400 degrees F and roast for an about 40 more minutes. Test for doneness using an instant-read thermometer. When the internal temperature reaches 145 degrees F, remove the roast from the oven. Allow it to sit for about 20 minutes. The temperature should rise to 1 about 55 degrees F.Carve the roast and serve with braised vegetables on the side.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:1.1521739072126%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 67.07kcal (3.35%), Fat: 7.03g (10.81%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1g (0.36%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 1163.46mg (50.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin E: 1.01mg (6.74%), Vitamin K: 4.4µg (4.19%), Manganese: 0.07mg (3.27%), Vitamin C: 2.02mg (2.44%), Vitamin B6: 0.04mg (1.98%), Iron: 0.22mg (1.22%)