



Herb-Roasted Pork Loin

READY IN



300 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork loin boneless trimmed
- ☐ 2 teaspoons dijon mustard
- ☐ 8 savoury divided
- ☐ 0.3 cup mirin dry
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 tablespoons garlic finely chopped
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil divided
- ☐ 6 rosemary divided

- ☐ 8 sage divided
- ☐ 0.5 cup shallots finely chopped (4 to 5)
- ☐ 8 large thyme sprigs divided
- ☐ 1.5 tablespoons butter unsalted

Equipment

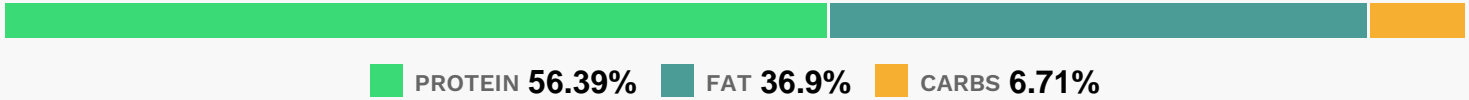
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Pat pork dry and season with 1 3/4 teaspoons salt and 1 1/2 teaspoons pepper. Straddle a flameproof roasting pan over 2 burners, then heat 1 tablespoon oil over medium-high heat until it shimmers. Brown pork on all sides, then transfer to a large plate.
- ☐ Put a metal rack in pan and arrange half of herbs down middle of rack. Stir together shallots, garlic, mustard, and 1 tablespoon oil and smear over top and sides of roast, then put roast, fat side up, on top of herbs. Roast 1 hour. Toss remaining herbs with remaining teaspoon oil and arrange on top of roast.
- ☐ Continue roasting until an instant-read thermometer registers 140 to 145°F, 5 to 15 minutes more (temperature will rise 5 to 10 degrees as it rests).
- ☐ Transfer pork to a cutting board and let rest 15 to 25 minutes.
- ☐ Remove rack from pan and discard herbs from rack. Straddle pan across 2 burners on medium heat.
- ☐ Add vermouth and mustard and deglaze by boiling, stirring and scraping up brown bits, until reduced by half.

- ☐ Add broth and simmer 3 minutes. Strain through a fine-mesh sieve into a 2-cup measure. If you have more than 1 1/2 cups, boil to reduce; if less, add water.
- ☐ Melt butter in a heavy medium saucepan over medium heat.
- ☐ Whisk in flour and cook, whisking, until pale golden, about 3 minutes.
- ☐ Whisk in vermouth mixture and simmer until slightly thickened, about 3 minutes.
- ☐ Serve pork with sauce.
- ☐ Marimar Estate Don Miguel Vineyard '06

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.63, Inflammation Score:-8, Nutrition Score:25.523478611656%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 388.94kcal (19.45%), Fat: 15.32g (23.56%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.03g (1.83%), Sugar: 1.27g (1.42%), Cholesterol: 148.53mg (49.51%), Sodium: 143.24mg (6.23%), Alcohol: 0.95g (100%), Alcohol %: 0.38% (100%), Protein: 52.67g (105.33%), Selenium: 64.26µg (91.8%), Vitamin B6: 1.82mg (90.89%), Vitamin B3: 13.93mg (69.66%), Vitamin B1: 1.04mg (69.05%), Phosphorus: 543.74mg (54.37%), Zinc: 4.3mg (28.67%), Potassium: 971.56mg (27.76%), Vitamin B2: 0.46mg (26.97%), Vitamin B12: 1.21µg (20.21%), Vitamin B5: 1.76mg (17.61%), Magnesium: 69.65mg (17.41%), Copper: 0.32mg (15.88%), Iron: 2.23mg (12.39%), Manganese: 0.19mg (9.55%), Vitamin D: 0.95µg (6.31%), Vitamin E: 0.87mg (5.82%), Calcium: 50.76mg (5.08%), Fiber: 1.24g (4.96%), Vitamin C: 3.96mg (4.8%), Vitamin A: 168.41IU (3.37%), Vitamin K: 2.47µg (2.35%), Folate: 8.51µg (2.13%)