



Herb-Roasted Pork Loin



Gluten Free



Dairy Free

READY IN



585 min.

SERVINGS



8

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2.5 lb pork loin boneless
- ☐ 1 teaspoon coriander seeds crushed finely
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 3 garlic cloves pressed
- ☐ 2 tablespoons kosher salt

- ☐ 1 tablespoon lemon zest loosely packed
- ☐ 1 tablespoon brown sugar light
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon pepper dried red crushed

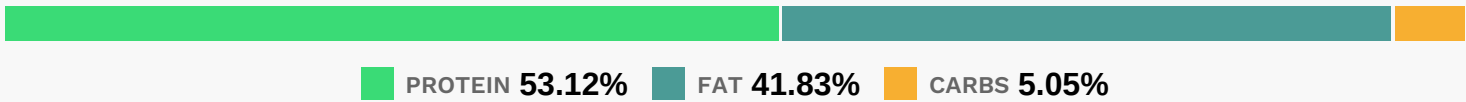
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 10 ingredients in a small bowl. Rub over pork. Chill, uncovered, 8 to 12 hours.
- ☐ Let pork stand at room temperature 30 minutes. (Bringing it to room temperature will help it cook faster and more evenly.)
- ☐ Preheat oven to 40
- ☐ Cook pork in hot oil in a large skillet over medium-high heat 2 minutes on each side or until browned. Lightly grease a wire rack with cooking spray.
- ☐ Place pork on rack in a roasting pan.
- ☐ Bake at 400 for 35 to 45 minutes or until a meat thermometer inserted into thickest portion registers 13
- ☐ Remove from oven, and let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:15.652608850728%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 247.11kcal (12.36%), Fat: 11.23g (17.28%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.35g (0.86%), Sugar: 1.52g (1.69%), Cholesterol: 89.3mg (29.77%), Sodium: 1815.86mg (78.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.18%), Selenium: 40.07µg (57.25%), Vitamin B6: 1.1mg (54.88%), Vitamin B1: 0.63mg (42.33%), Vitamin B3: 8.22mg (41.11%), Phosphorus: 327.06mg (32.71%), Zinc: 2.64mg (17.62%), Vitamin B2: 0.28mg (16.4%), Potassium: 565.13mg (16.15%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.09mg (10.88%), Magnesium: 43.38mg (10.85%), Iron: 1.31mg (7.26%), Manganese: 0.14mg (7.24%), Vitamin E: 0.98mg (6.57%), Copper: 0.11mg (5.54%), Vitamin C: 4.3mg (5.21%), Vitamin K: 4.08µg (3.88%), Vitamin D: 0.57µg (3.78%), Fiber: 0.7g (2.81%), Calcium: 26.04mg (2.6%), Vitamin A: 119.58IU (2.39%)