



87%
HEALTH SCORE

Herb Roasted Pork Loin and Potatoes

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



145 min.

SERVINGS



8

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pound pork loin roast boneless
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon thyme leaves dried
- 1.5 teaspoons chives fresh chopped
- 0.5 teaspoon garlic powder
- 1 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 teaspoon onion powder

- 6 medium potatoes peeled quartered
- 8 servings salt and pepper to taste

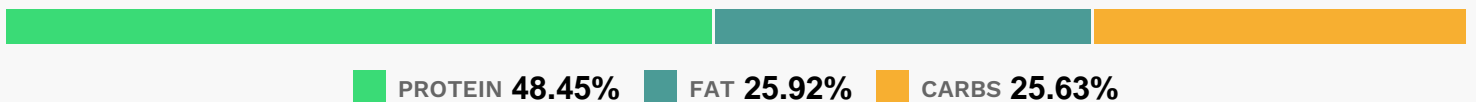
Equipment

- bowl
- oven
- pot
- roasting pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a pot with enough water to cover, boil the potatoes for about 10 minutes.
- Drain, cool, and place in a bowl. Toss with olive oil, 1/2 teaspoon thyme, 1/2 teaspoon garlic powder, chives, salt, and pepper.
- Rub the pork loin roast with 1 teaspoon thyme, 1 teaspoon garlic powder, and onion powder.
- Sprinkle with salt and pepper.
- Place the roast on a rack in a shallow roasting pan, and cook 50 minutes in the preheated oven. Arrange the potatoes around the roast, and continue cooking 50 minutes, to an internal temperature of 145 degrees F (63 degrees C).
- Remove from heat, cover with foil, and let sit 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:20.45, Inflammation Score:-6, Nutrition Score:30.311739201131%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 456.61kcal (22.83%), Fat: 12.87g (19.81%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 24.97g (9.08%), Sugar: 1.28g (1.43%), Cholesterol: 142.88mg (47.63%), Sodium: 315.2mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.15g (108.3%), Vitamin B6: 2.2mg (109.8%), Selenium: 63.48µg (90.69%), Vitamin B1: 1.14mg (75.81%), Vitamin B3: 14.73mg (73.64%), Phosphorus: 604.97mg (60.5%), Potassium: 1532.09mg (43.77%), Vitamin C: 31.74mg (38.47%), Zinc: 4.59mg (30.57%), Vitamin B2: 0.48mg (28.07%), Magnesium: 96.92mg (24.23%), Vitamin B5: 2.17mg (21.69%), Vitamin B12: 1.16µg (19.28%), Copper: 0.31mg (15.53%), Iron: 2.77mg (15.38%), Fiber: 3.68g (14.71%), Manganese: 0.28mg (14.25%), Vitamin K: 8.77µg (8.35%), Folate: 26.69µg (6.67%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.83mg (5.56%), Calcium: 35.79mg (3.58%)