



HEALTH SCORE

83%

Herb Roasted Pork Loin with Parsley Shallot Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



110 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings pepper black freshly ground
- ☐ 3 tablespoons dijon mustard
- ☐ 1.5 cups lightly flat-leaf parsley leaves packed
- ☐ 1 tablespoon rosemary leaves dried fresh crumbled finely chopped
- ☐ 1 tablespoon sage leaves dried fresh finely chopped
- ☐ 1 tablespoon thyme leaves dried fresh finely chopped

- ☐ 1 tablespoon garlic cloves minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons olive oil
- ☐ 2.5 pound center pork loin boneless trimmed cut
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots coarsely chopped
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Mash the garlic and salt together with a fork until it forms a coarse paste.
- ☐ Transfer to a small bowl and stir in the oil, fresh herbs and freshly ground pepper. Rub the garlic-herb paste all over the pork.
- ☐ Transfer the pork to a roasting pan and roast for 1 1/4 hours or until the internal temperature reaches 155 degrees F on an instant-read thermometer.
- ☐ Transfer the roast to a carving board and let rest for 15 minutes. Carve the pork into slices and serve with the sauce.
- ☐ Combine all ingredients in a blender and puree.

Nutrition Facts



 PROTEIN **55.33%**  FAT **40.61%**  CARBS **4.06%**

Properties

Glycemic Index:29.13, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:26.398695500001%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 24.27mg, Apigenin: 24.27mg, Apigenin: 24.27mg, Apigenin: 24.27mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 240.8kcal (12.04%), Fat: 10.62g (16.34%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.4g (0.51%), Sugar: 0.42g (0.46%), Cholesterol: 89.3mg (29.77%), Sodium: 356.63mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.55g (65.11%), Vitamin K: 187.7µg (178.76%), Copper: 2.39mg (119.57%), Selenium: 41.37µg (59.1%), Vitamin B6: 1.11mg (55.52%), Vitamin B1: 0.65mg (43.67%), Vitamin B3: 8.36mg (41.78%), Phosphorus: 336.39mg (33.64%), Vitamin C: 17.44mg (21.13%), Vitamin A: 1002.07IU (20.04%), Zinc: 2.77mg (18.44%), Potassium: 627.82mg (17.94%), Vitamin B2: 0.29mg (16.91%), Magnesium: 49.36mg (12.34%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.14mg (11.41%), Iron: 1.9mg (10.57%), Manganese: 0.2mg (9.84%), Vitamin E: 0.94mg (6.28%), Folate: 19.33µg (4.83%), Fiber: 0.99g (3.95%), Calcium: 39.51mg (3.95%), Vitamin D: 0.57µg (3.78%)