

Herb Rubbed Pork

 **Gluten Free**  **Dairy Free**

READY IN



200 min.

SERVINGS



16

CALORIES



212 kcal

SEASONING

MARINADE

Ingredients

- 5 pound pork loin boneless
- 1 tablespoon cornstarch
- 1 clove garlic crushed
- 0.5 cup splenda® no calorie sweetener
- 0.3 teaspoon pepper
- 1 teaspoon rubbed sage
- 0.5 teaspoon salt
- 2 tablespoons soya sauce

- 0.3 cup vinegar
- 0.3 cup water

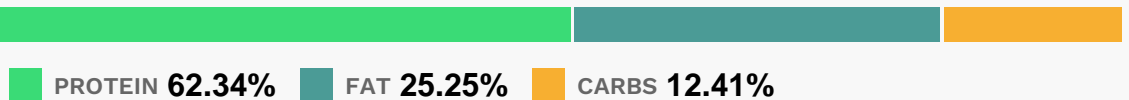
Equipment

- bowl
- sauce pan
- oven
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a bowl, combine sage, salt, pepper, and garlic. Rub thoroughly all over pork.
- Place pork in an uncovered roasting pan on the middle oven rack.
- Bake in the preheated oven approximately 3 hours, or until the internal temperature reaches at least 145 degrees F (63 degrees C), depending upon your desired doneness.
- Meanwhile, place SPLENDA® Granulated Sweetener, cornstarch, vinegar, water, and soy sauce in a small saucepan.
- Heat, stirring occasionally, until mixture begins to bubble and thicken slightly.
- Brush roast with glaze 3 or 4 times during the last 1/2 hour of cooking.
- Pour remaining glaze over roast, and serve.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:14.034782580788%

Nutrients (% of daily need)

Calories: 212.46kcal (10.62%), Fat: 5.76g (8.86%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 6.33g (2.3%), Sugar: 5.06g (5.62%), Cholesterol: 89.3mg (29.77%), Sodium: 268.16mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.98%), Selenium: 39.34µg (56.21%), Vitamin B6:

1.08mg (53.86%), Vitamin B1: 0.63mg (41.98%), Vitamin B3: 8.23mg (41.17%), Phosphorus: 322.42mg (32.24%), Zinc: 2.57mg (17.1%), Vitamin B2: 0.27mg (15.81%), Potassium: 536.5mg (15.33%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.07mg (10.66%), Magnesium: 37.98mg (9.49%), Iron: 0.83mg (4.62%), Copper: 0.09mg (4.37%), Vitamin D: 0.57µg (3.78%), Manganese: 0.03mg (1.56%), Vitamin E: 0.19mg (1.23%)