



Herbed Pork Loin Roast



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



77 min.

SERVINGS



5

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 pound pork loin roast boneless trimmed
- ☐ 1.5 tablespoons chives fresh minced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons sage fresh chopped
- ☐ 0.5 teaspoon olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon salt

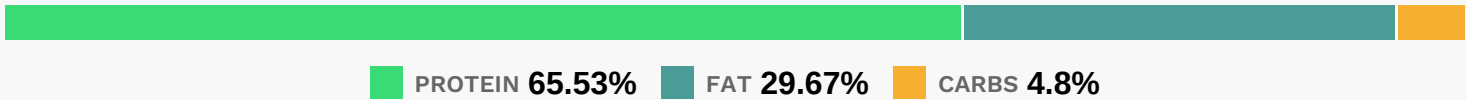
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Rub pork roast with oil. Rub herb mixture over oil.
- ☐ Place pork roast on a broiler pan coated with cooking spray. Insert meat thermometer into thickest part of roast.
- ☐ Bake at 375 for 1 hour and 5 minutes or until thermometer registers 16
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:22.022173943727%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 195.04kcal (9.75%), Fat: 6.22g (9.57%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.11g (0.13%), Cholesterol: 85.73mg (28.58%), Sodium: 300.87mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Copper: 11.01mg (550.54%), Selenium: 37.8µg

(54.01%), Vitamin B6: 1.05mg (52.58%), Vitamin B1: 0.62mg (41.29%), Vitamin B3: 7.94mg (39.7%), Vitamin K: 41.16µg (39.2%), Phosphorus: 312.23mg (31.22%), Manganese: 0.5mg (24.98%), Zinc: 2.6mg (17.31%), Potassium: 563.72mg (16.11%), Vitamin B2: 0.27mg (16.02%), Magnesium: 48.43mg (12.11%), Vitamin B12: 0.69µg (11.57%), Iron: 2.01mg (11.17%), Vitamin B5: 1.04mg (10.44%), Calcium: 66.41mg (6.64%), Fiber: 1.23g (4.94%), Vitamin A: 209.07IU (4.18%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.54µg (3.63%), Vitamin C: 2.7mg (3.27%), Folate: 8.15µg (2.04%)