



Herbed Pork Roast



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



66 min.

SERVINGS



8

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 5 tablespoons olive oil divided
- ☐ 4 lb untrimmed pork loin roast

☐ 8 servings kitchen string

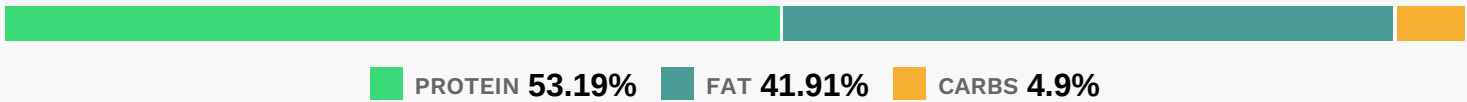
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 42
- ☐ Sprinkle pork with salt and pepper. Tie pork with kitchen string, securing at 2-inch intervals.
- ☐ Cook pork, fat side down, in 3 Tbsp. hot oil in a stainless-steel skillet over medium-high heat 3 to 5 minutes on each side or until golden brown.
- ☐ Place, fat side up, on a wire rack in an aluminum foil-lined roasting pan.
- ☐ Remove kitchen string; make 5 (1/2-inch-deep) cuts in pork.
- ☐ Stir together sage, next 3 ingredients, and remaining 2 Tbsp. oil. Stuff herb mixture into slits in pork.
- ☐ Bake at 425 for 30 to 40 minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:1.2, Inflammation Score:-9, Nutrition Score:32.606086648029%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 399.03kcal (19.95%), Fat: 18.21g (28.02%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.8g (2%), Cholesterol: 142.88mg (47.63%), Sodium: 406.2mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.01g (104.02%), Copper: 4.73mg (236.6%), Selenium: 63.17µg (90.24%), Vitamin B6: 1.8mg (89.92%), Vitamin B1: 1.06mg (70.42%), Vitamin B3: 13.48mg (67.42%), Phosphorus: 534.74mg (53.47%), Vitamin K: 45.73µg (43.55%), Vitamin B2: 0.49mg (29.01%), Zinc: 4.29mg (28.61%), Potassium: 992mg (28.34%), Magnesium: 79.23mg (19.81%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.83mg (18.3%), Manganese: 0.35mg (17.53%), Iron: 2.42mg (13.44%), Vitamin C: 10.9mg (13.21%), Vitamin E: 1.79mg (11.94%), Vitamin A: 555.56IU (11.11%), Fiber: 1.97g (7.88%), Vitamin D: 0.91µg (6.05%), Calcium: 52.16mg (5.22%), Folate: 20.77µg (5.19%)