



 **85%**
HEALTH SCORE

Italian Roast Pork with Rosemary

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

READY IN



85 min.

SERVINGS



5

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pork loin
- 2 tablespoons rosemary leaves fresh chopped
- 4 garlic clove
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 tablespoons butter
- 0.3 cup onion chopped
- 0.3 cup vegetable oil

Equipment

- frying pan
- oven
- knife
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 350°F. Trim fat from pork. Finely chop rosemary and garlic together. Make 8 to 10 deep cuts, about 2 inches apart, in pork, using sharp knife. Insert small amounts of garlic mixture in cuts.
- Sprinkle salt and pepper over pork.
- Melt butter in shallow roasting pan in oven.
- Sprinkle onion over butter.
- Place pork in pan; drizzle with oil. Insert meat thermometer so tip is in center of thickest part of pork and does not rest in fat. Roast uncovered 50 to 60 minutes or until thermometer reads 155°F. Cover with tent of aluminum foil and let stand 15 to 20 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)

Nutrition Facts

 **PROTEIN 56.17%**  **FAT 42.68%**  **CARBS 1.15%**

Properties

Glycemic Index:17.8, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:36.45347846591%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 724.93kcal (36.25%), Fat: 33.31g (51.25%), Saturated Fat: 8.11g (50.69%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.61g (0.59%), Sugar: 0.37g (0.41%), Cholesterol: 276.57mg (92.19%), Sodium: 734.03mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.65g (197.3%), Selenium: 122µg (174.29%), Vitamin B6: 3.36mg (167.91%), Vitamin B1: 1.95mg (130.3%), Vitamin B3: 25.26mg (126.3%), Phosphorus: 996.19mg (99.62%), Zinc: 7.96mg (53.05%), Vitamin B2: 0.83mg (48.81%), Potassium: 1676.27mg (47.89%), Vitamin B12: 2.24µg (37.41%), Vitamin B5: 3.31mg (33.11%), Magnesium: 117.13mg (29.28%), Vitamin K: 20.77µg (19.78%), Iron: 2.53mg (14.04%), Copper: 0.27mg (13.65%), Vitamin D: 1.76µg (11.71%), Vitamin E: 1.64mg (10.96%), Manganese: 0.14mg (7.05%), Vitamin A: 226.27IU (4.53%), Calcium: 34.41mg (3.44%), Vitamin C: 1.53mg (1.85%), Fiber: 0.4g (1.6%)