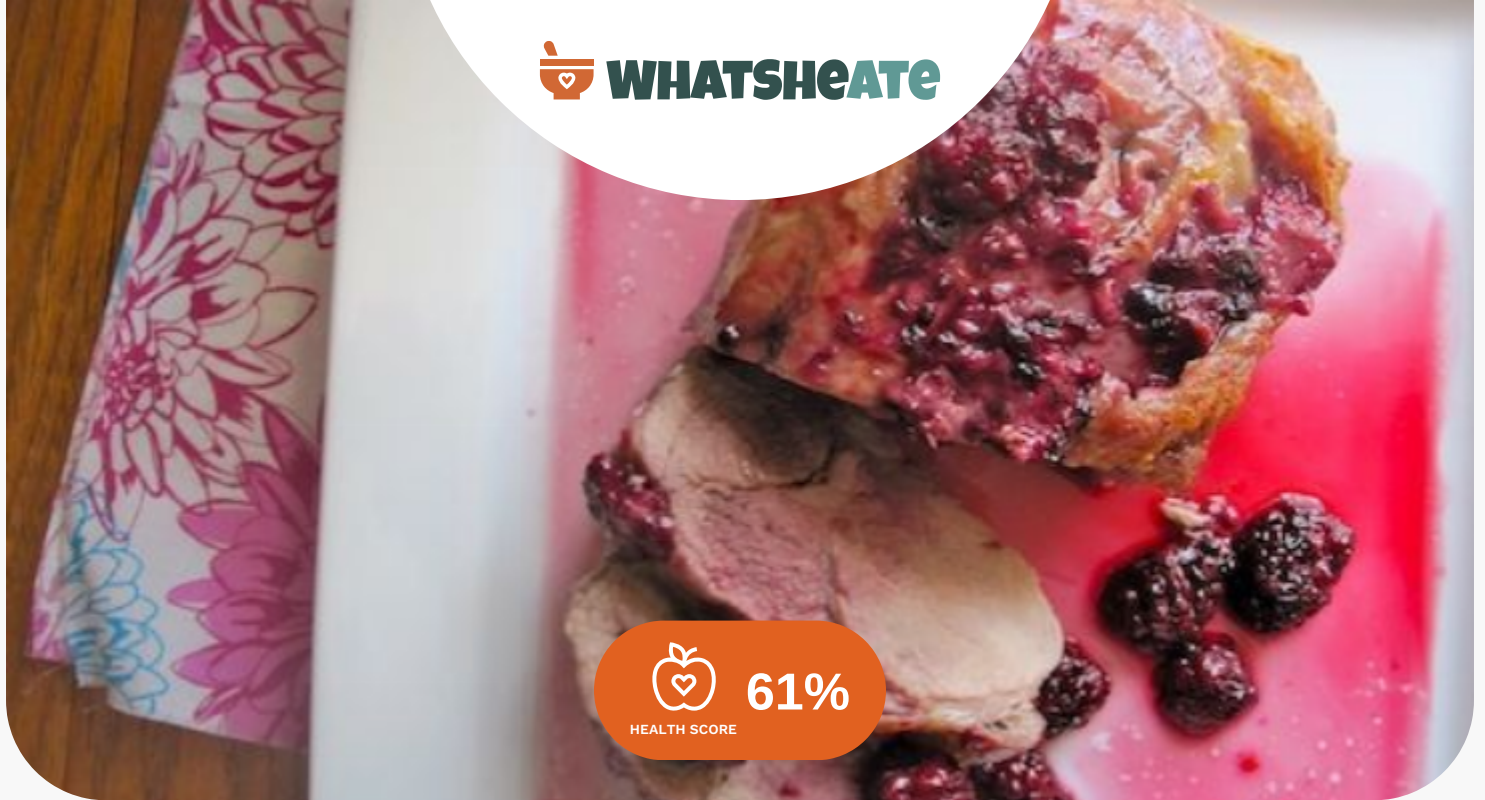




Lomo de Cerdo con Salsa de Moras (Pork Loin with Blackberry Sauce)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



604 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups blackberries fresh
- ☐ 1 pork loin boneless
- ☐ 4 garlic loves minced
- ☐ 1 tablespoon juice of lime
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup sugar
- ☐ 1 cup water

☐ 1 cup white wine

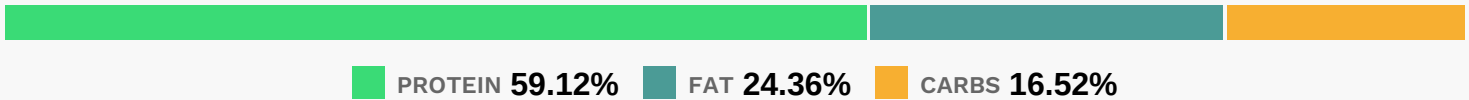
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ To make the sauce:ring berries, sugar, wine and water to a simmer in a medium saucepan, stirring occasionally. Simmer over low heat for 5 minutes. Set aside.For the pork:ub the pork with minced garlic, salt and pepper.
- ☐ Place in a large sealable plastic bag and refrigerate for at least 1 hour or up to overnight.ring the pork to room temperature. Preheat the oven to 425°F.
- ☐ Place the pork loin in a baking pan and cook for about 30 minutes, drizzle 1/2 of the sauce over the pork and continue to cook for another 15 minutes, or until a thermometer inserted into the middle of the pork reads exactly 138 degrees.
- ☐ Remove from the oven and cover the meat with aluminum foil and allow it to rest for 15 minutes.
- ☐ Remove the strings from the meat and pour the rest of the sauce over the pork.Slice the pork and serve warm.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:12.49, Inflammation Score:-6, Nutrition Score:35.281739058702%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 18.1mg, Catechin: 18.1mg, Catechin: 18.1mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 604.11kcal (30.21%), Fat: 15.15g (23.31%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 20.53g (7.47%), Sugar: 19.42g (21.58%), Cholesterol: 230.48mg (76.82%), Sodium: 378.06mg (16.44%), Alcohol: 4.12g (100%), Alcohol %: 1.01% (100%), Protein: 82.74g (165.49%), Selenium: 101.95µg (145.65%), Vitamin B6: 2.82mg (141.11%), Vitamin B1: 1.64mg (109.12%), Vitamin B3: 21.39mg (106.94%), Phosphorus: 844.29mg (84.43%), Zinc: 6.92mg (46.12%), Potassium: 1485.7mg (42.45%), Vitamin B2: 0.71mg (41.67%), Vitamin B12: 1.87µg (31.1%), Vitamin B5: 2.89mg (28.91%), Magnesium: 109.82mg (27.45%), Manganese: 0.42mg (20.88%), Copper: 0.31mg (15.36%), Vitamin C: 11.45mg (13.88%), Iron: 2.43mg (13.49%), Fiber: 2.6g (10.38%), Vitamin D: 1.46µg (9.76%), Vitamin K: 9.71µg (9.25%), Vitamin E: 1.04mg (6.96%), Calcium: 41.25mg (4.13%), Folate: 12.71µg (3.18%), Vitamin A: 104.15IU (2.08%)