

Minted Pork Loin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork loin roast boneless
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup tightly mint fresh packed chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice
- ☐ 2.5 teaspoons pepper divided freshly ground
- ☐ 1 slices garnishes: rosemary fresh

- ☐ 2.5 teaspoons salt divided
- ☐ 0.5 medium size onion sweet minced
- ☐ 3 medium size onions sweet chopped

Equipment

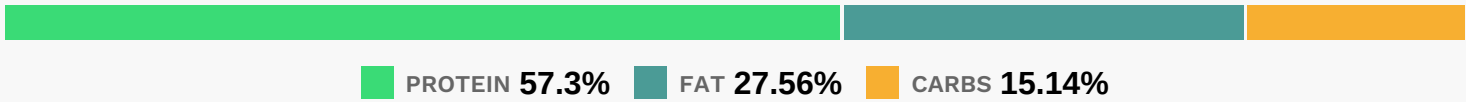
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Saut chopped onion and garlic in 1 tablespoon hot oil in a large skillet 8 minutes. Stir in mint, orange juice, 1/2 teaspoon salt, and 1/2 teaspoon pepper; cook, stirring often, 5 minutes or until orange juice evaporates.
- ☐ Butterfly roast by making a lengthwise and horizontal cut down center of roast, cutting to within 1/2" of other side. Open roast, and place between 2 sheets of heavy-duty plastic wrap; flatten to 1/2" thickness, using a meat mallet or rolling pin.
- ☐ Spread onion filling over roast, leaving a 1" margin around edges.
- ☐ Roll up roast; tie at 1" intervals with string.
- ☐ Combine remaining 2 teaspoons salt, 2 teaspoons pepper, rosemary, minced onion, and 1 tablespoon oil.
- ☐ Spread over roast.
- ☐ Place on a rack in a roasting pan.
- ☐ Bake, uncovered, at 450 for 15 minutes. Reduce to 350; bake 1 hour and 15 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove string.
- ☐ Let stand 10 minutes before slicing.

☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:21.609130548394%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg, Quercetin: 16.87mg

Nutrients (% of daily need)

Calories: 299.09kcal (14.95%), Fat: 8.94g (13.76%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 9.62g (3.5%), Sugar: 6.87g (7.63%), Cholesterol: 114.31mg (38.1%), Sodium: 680.72mg (29.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.68%), Vitamin B6: 1.54mg (77.1%), Selenium: 51µg (72.86%), Vitamin B1: 0.87mg (57.78%), Vitamin B3: 10.68mg (53.4%), Phosphorus: 445.63mg (44.56%), Potassium: 866.43mg (24.76%), Zinc: 3.47mg (23.12%), Vitamin B2: 0.37mg (22.03%), Vitamin C: 12.82mg (15.54%), Magnesium: 62.13mg (15.53%), Vitamin B12: 0.93µg (15.42%), Vitamin B5: 1.51mg (15.11%), Manganese: 0.21mg (10.61%), Copper: 0.19mg (9.68%), Iron: 1.52mg (8.43%), Folate: 33.37µg (8.34%), Fiber: 1.44g (5.74%), Vitamin D: 0.73µg (4.84%), Calcium: 44.24mg (4.42%), Vitamin E: 0.47mg (3.14%), Vitamin A: 133.13IU (2.66%), Vitamin K: 2.04µg (1.94%)