



WHATSheATE



HEALTH SCORE

56%

Orange Soy Pork Loin



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



10

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound pork loin roast boneless
- ☐ 1 tablespoon rosemary dried
- ☐ 1.5 teaspoons garlic chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 onion red sliced
- ☐ 0.3 cup soya sauce

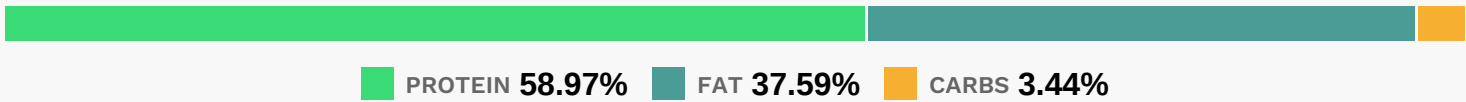
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, stir together the orange juice, soy sauce, olive oil, red onion slices, rosemary and garlic.
- ☐ Place the pork roast in a baking bag, and set in a roasting pan or baking dish.
- ☐ Pour the orange juice mixture over the roast, making sure to coat entirely. Close the bag according to package instructions.
- ☐ Bake for 2 to 2 1/2 hours in the preheated oven, until the internal temperature of the loin is at least 145 degrees F (63 degrees C).
- ☐ Remove from the oven, and let stand for about 10 minutes to settle the juices. Carefully open the bag and remove the roast. Slice and serve with a little of the drippings drizzled over.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:23.937826255093%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 363.06kcal (18.15%), Fat: 14.68g (22.59%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.64g (1.83%), Cholesterol: 142.88mg (47.63%), Sodium: 543.96mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.84g (103.68%), Selenium: 63.02µg (90.04%), Vitamin B6: 1.75mg (87.75%), Vitamin B1: 1.03mg (68.49%), Vitamin B3: 13.4mg (67.01%), Phosphorus: 526.47mg (52.65%), Zinc: 4.15mg (27.68%), Vitamin B2: 0.44mg (26.11%), Potassium: 909.24mg (25.98%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.76mg (17.58%), Magnesium: 65.08mg (16.27%), Vitamin C: 7.28mg (8.82%), Iron: 1.55mg (8.63%), Copper: 0.15mg (7.71%), Vitamin E: 1.08mg (7.2%), Vitamin D: 0.91µg (6.05%), Manganese: 0.08mg (4.08%), Vitamin K: 3.31µg (3.16%), Calcium: 20.21mg (2.02%), Folate: 7.83µg (1.96%), Fiber: 0.37g (1.47%)