



Pernil Asado (Roasted Pork)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 garlic cloves minced
- ☐ 2.5 pound pork tenderloins trimmed
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon ground oregano
- ☐ 0.5 teaspoon salt

Equipment

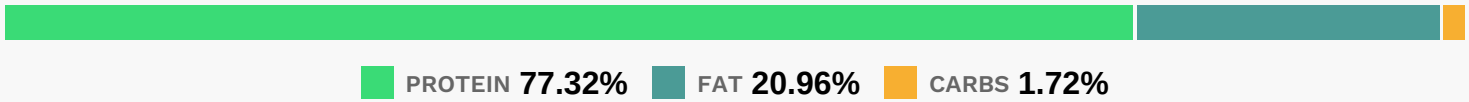
- ☐ oven

- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients, and rub evenly over pork.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until a thermometer registers 16
- ☐ Let stand 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:18.250869452791%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.8kcal (8.09%), Fat: 3.59g (5.53%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.02g (0.02%), Cholesterol: 92.14mg (30.71%), Sodium: 220.79mg (9.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.82g (59.63%), Vitamin B1: 1.42mg (94.53%), Selenium: 43.88µg (62.69%), Vitamin B6: 1.12mg (56.08%), Vitamin B3: 9.49mg (47.46%), Phosphorus: 352.79mg (35.28%), Vitamin B2: 0.49mg (28.67%), Zinc: 2.7mg (18.01%), Potassium: 574.86mg (16.42%), Vitamin B5: 1.21mg (12.11%), Vitamin B12: 0.72µg (12.05%), Magnesium: 39.2mg (9.8%), Iron: 1.48mg (8.2%), Copper: 0.13mg (6.73%), Manganese: 0.07mg (3.44%), Vitamin E: 0.41mg (2.73%), Vitamin D: 0.28µg (1.89%), Vitamin K: 1.31µg (1.25%), Calcium: 12.45mg (1.24%)