



Pork Loin in Pasilla and Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



10

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lbs pork loin roast boneless
- 1 cup chicken broth
- 1 oz pasilla chiles dried stemmed seeded (5)
- 3 cups rice long-grain white hot cooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup planters roasted peanuts dry divided

Equipment

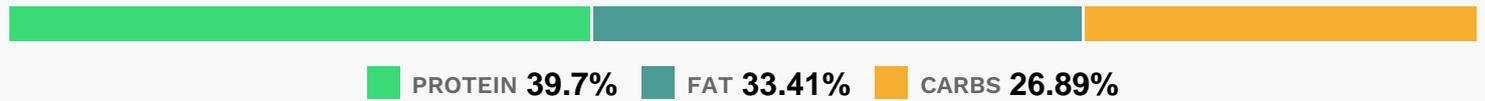
- frying pan

- oven
- blender
- roasting pan

Directions

- Heat oven to 350F.
- Blend dressing, chicken broth, chiles and 1/4 cup nuts in blender until smooth.
- Place meat in roasting pan or shallow pan; top with sauce. Cover.
- Bake 50 min. or until done (145F), basting with sauce every 20 min.
- Let stand 10 min. before slicing to serve. Meanwhile, chop remaining nuts.
- Slice meat; place on platter. Top with sauce from bottom of pan; sprinkle with nuts.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:14.44, Inflammation Score:-2, Nutrition Score:12.574782451858%

Nutrients (% of daily need)

Calories: 242.04kcal (12.1%), Fat: 8.84g (13.61%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.15g (5.51%), Sugar: 1.28g (1.42%), Cholesterol: 57.62mg (19.21%), Sodium: 221.45mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.29%), Selenium: 29.61µg (42.3%), Vitamin B6: 0.78mg (39.1%), Vitamin B3: 6.58mg (32.88%), Vitamin B1: 0.43mg (28.73%), Phosphorus: 254.76mg (25.48%), Manganese: 0.4mg (20.21%), Zinc: 2.1mg (14.01%), Vitamin B2: 0.21mg (12.17%), Potassium: 421.72mg (12.05%), Magnesium: 43.81mg (10.95%), Vitamin B5: 0.97mg (9.73%), Vitamin B12: 0.47µg (7.79%), Copper: 0.13mg (6.29%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.66mg (4.43%), Iron: 0.76mg (4.25%), Vitamin K: 3.69µg (3.51%), Fiber: 0.86g (3.45%), Vitamin D: 0.36µg (2.42%), Folate: 9.35µg (2.34%), Calcium: 15.73mg (1.57%)