



Pork Loin with Caraway Crust

 Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds pork loin roast boneless
- 2 tablespoons caraway seed crushed
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon ground mustard
- 0.5 teaspoon oregano dried
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat the oven to 325 degrees F (165 degrees C). In a small bowl, mix together the caraway seed, salt, mustard powder, thyme, oregano and vegetable oil to make a paste.
- Place the roast in a roasting pan fat side up. Rub the spice mixture into the top and sides of the roast. Insert a meat thermometer into the roast, and place in the oven.
- Roast for about 1 hour, or until the internal temperature reaches 155 degrees F (67 degrees C).
- Remove from the oven and let rest for 15 minutes. The temperature will rise to 145 degrees F (63 degrees C). Slice and serve.

Nutrition Facts

PROTEIN 64.65% **FAT 33.76%** **CARBS 1.59%**

Properties

Glycemic Index:0.83, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:23.456087099469%

Nutrients (% of daily need)

Calories: 328.43kcal (16.42%), Fat: 11.9g (18.31%), Saturated Fat: 3.2g (20%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.04g (0.05%), Cholesterol: 142.88mg (47.63%), Sodium: 499.18mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.28g (102.57%), Selenium: 63.77µg (91.1%), Vitamin B6: 1.72mg (86.15%), Vitamin B1: 1.02mg (67.72%), Vitamin B3: 13.13mg (65.65%), Phosphorus: 524.83mg (52.48%), Zinc: 4.22mg (28.15%), Vitamin B2: 0.43mg (25.52%), Potassium: 880.56mg (25.16%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.69mg (16.94%), Magnesium: 66mg (16.5%), Iron: 1.75mg (9.71%), Copper: 0.15mg (7.7%), Vitamin K: 6.65µg (6.33%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.58mg (3.89%), Fiber: 0.9g (3.61%), Manganese: 0.07mg (3.3%), Calcium: 30.48mg (3.05%)