

Pork Loin with Potatoes

READY IN



190 min.

SERVINGS



10

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef broth
- 1 tablespoon butter
- 0.1 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 1.3 cups mushrooms fresh chopped
- 2 tablespoons parsley fresh minced
- 3 garlic clove sliced
- 3 tablespoons olive oil
- 2 medium onion sliced

- 0.3 teaspoon paprika
- 0.3 teaspoon pepper
- 5 pounds pork loin bone-in
- 6 medium potatoes peeled
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup water

Equipment

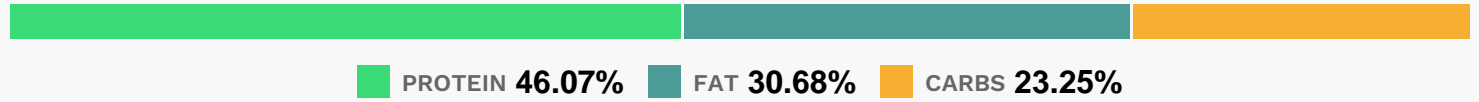
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags
- measuring cup

Directions

- Cut slits in top of roast; insert garlic slices.
- Combine the oil, paprika, pepper and thyme; rub over roast.
- Place in a large resealable plastic bag; seal and refrigerate the roast overnight.
- Transfer roast to a shallow roasting pan. bake, uncovered, at 350° for 1-3/4 hours. Meanwhile, place potatoes and salt in a saucepan and cover with water. Bring to boil. Reduce heat; simmer, uncovered, for 15 minutes or until almost tender.
- Drain; cool slightly.
- Cut potatoes into quarters; arrange around roast.
- Bake 45 minutes longer or until a meat thermometer reads 160° and potatoes are tender, basting potatoes with drippings occasionally.
- Remove potatoes; keep warm. Cover roast and let stand for 15 minutes before carving.
- For gravy, pour drippings and loosened browned bits into a measuring cup. Skim fat, reserving 2 tablespoons drippings.

- Add water and broth to reserved drippings; set aside. In a large saucepan, saute onions and mushrooms in butter and oil until tender.
- Stir in flour until blended. Gradually stir in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in parsley and pepper.
- Serve with roast and potatoes.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:18.71, Inflammation Score:-6, Nutrition Score:31.387826484183%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 483.39kcal (24.17%), Fat: 16.18g (24.9%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 24.11g (8.77%), Sugar: 2.2g (2.44%), Cholesterol: 145.89mg (48.63%), Sodium: 336.82mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.68g (109.35%), Vitamin B6: 2.15mg (107.26%), Selenium: 65.81µg (94.01%), Vitamin B1: 1.15mg (76.98%), Vitamin B3: 15.23mg (76.15%), Phosphorus: 608.77mg (60.88%), Potassium: 1483.19mg (42.38%), Vitamin C: 28.41mg (34.43%), Vitamin B2: 0.54mg (31.92%), Zinc: 4.6mg (30.67%), Magnesium: 93.9mg (23.48%), Vitamin B5: 2.31mg (23.05%), Vitamin K: 21.12µg (20.12%), Vitamin B12: 1.18µg (19.68%), Copper: 0.33mg (16.48%), Manganese: 0.29mg (14.7%), Iron: 2.63mg (14.64%), Fiber: 3.47g (13.88%), Folate: 34.22µg (8.55%), Vitamin E: 1.09mg (7.24%), Vitamin D: 0.93µg (6.21%), Calcium: 38.47mg (3.85%), Vitamin A: 130.83IU (2.62%)