



## Pork Loin with Raisin Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 pound pork loin roast boneless
- 5 garlic cloves thinly sliced
- 0.3 teaspoon pepper
- 12 servings raisin sauce
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

### Equipment

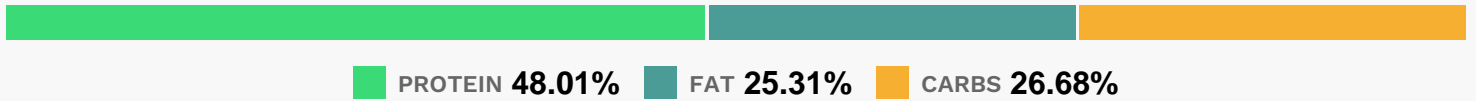
- frying pan

- oven
- knife
- roasting pan
- kitchen thermometer

## Directions

- Cut slits in pork loin roast, using a sharp knife; push garlic slices into each slit. Rub pork loin evenly with salt and pepper. Brown on all sides in hot vegetable oil in a large skillet over medium heat.
- Place in a large lightly greased roasting pan.
- Bake at 325 for 1 hour and 45 minutes or until a meat thermometer inserted into thickest portion of pork registers 15
- Let stand 10 minutes before serving. Slice and serve with Raisin Sauce.

## Nutrition Facts



## Properties

Glycemic Index:10.07, Glycemic Load:12.76, Inflammation Score:-3, Nutrition Score:20.890434720999%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 360.28kcal (18.01%), Fat: 10.11g (15.55%), Saturated Fat: 2.76g (17.25%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.9g (7.97%), Sugar: 0.01g (0.01%), Cholesterol: 119.07mg (39.69%), Sodium: 198.12mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.16g (86.31%), Selenium: 52.71µg (75.3%), Vitamin B6: 1.5mg (74.95%), Vitamin B1: 0.87mg (58.23%), Vitamin B3: 11.2mg (56.01%), Phosphorus: 449.72mg (44.97%), Potassium: 959.93mg (27.43%), Vitamin B2: 0.41mg (24.09%), Zinc: 3.47mg (23.14%), Vitamin B12: 0.96µg (16.06%), Magnesium: 58.53mg (14.63%), Vitamin B5: 1.43mg (14.3%), Copper: 0.2mg (10.23%), Iron: 1.82mg (10.13%), Fiber: 2.08g (8.31%), Manganese: 0.12mg (5.99%), Vitamin D: 0.76µg (5.04%), Vitamin K: 4.26µg (4.06%), Vitamin E: 0.43mg (2.88%), Vitamin C: 2.01mg (2.44%), Calcium: 20.36mg (2.04%)