

## Roast Loin of Pork

 Gluten Free  Dairy Free

READY IN



855 min.

SERVINGS



10

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 tablespoon thyme leaves dried
- 3 cloves garlic sliced
- 0.5 teaspoon ground pepper black
- 3 tablespoons juice of lemon
- 0.3 cup olive oil
- 3 onions chopped
- 2.5 pounds roasted

- 1 teaspoon salt
- 2.5 cups white wine

## Equipment

- oven
- kitchen thermometer
- ziploc bags

## Directions

- Make slits in the roast and insert garlic slices.
- Combine in a large plastic bag: wine, lemon juice, olive oil, onions, bay leaves, thyme, salt and pepper.
- Add roast and marinate overnight in refrigerator.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove meat from marinade and roast until meat is no longer pink inside and a thermometer reads 145 degrees F (63 degrees C).

## Nutrition Facts



**PROTEIN 47.82%** **FAT 41.88%** **CARBS 10.3%**

## Properties

Glycemic Index:10.4, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:13.758695566136%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

## Nutrients (% of daily need)

Calories: 263.57kcal (13.18%), Fat: 10.09g (15.52%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 5.59g (1.86%), Net Carbohydrates: 4.81g (1.75%), Sugar: 2.11g (2.34%), Cholesterol: 71.44mg (23.81%), Sodium: 292.98mg (12.74%), Alcohol: 6.18g (100%), Alcohol %: 3.59% (100%), Protein: 25.92g (51.83%), Vitamin B6: 0.94mg (47.09%), Selenium: 31.79µg (45.42%), Vitamin B1: 0.53mg (35.04%), Vitamin B3: 6.65mg (33.25%), Phosphorus: 278.24mg (27.82%), Potassium: 527.93mg (15.08%), Zinc: 2.21mg (14.73%), Vitamin B2: 0.23mg (13.73%), Vitamin K: 10.66µg (10.15%), Magnesium: 40.36mg (10.09%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.93mg (9.25%), Manganese: 0.18mg (9.14%), Iron: 1.41mg (7.82%), Vitamin E: 0.97mg (6.47%), Vitamin C: 4.67mg (5.66%), Copper: 0.09mg (4.47%), Fiber: 0.77g (3.09%), Vitamin D: 0.45µg (3.02%), Calcium: 28.93mg (2.89%), Folate: 8.95µg (2.24%)