



HEALTH SCORE

59%

Roast Pork



Gluten Free



Dairy Free



Very Healthy

READY IN



940 min.

SERVINGS



3

CALORIES



1459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 6 pound pork loin roast boneless
- ☐ 1 teaspoon ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 large onion sliced into thin rings
- ☐ 2 teaspoons salt
- ☐ 0.8 cup soya sauce

☐ 0.8 cup sugar white

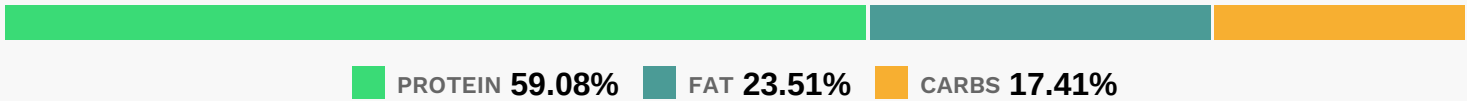
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan

Directions

- ☐ In a medium bowl, mix together the lime juice, soy sauce, sugar, ginger, garlic, and salt until the sugar dissolves.
- ☐ Place the loin of pork in a roasting pan, and scatter the onion rings and bay leaves over it.
- ☐ Pour lime-ginger mixture over the meat, and cover with plastic wrap. Refrigerate for 12 hours or so, turning every once in a while.
- ☐ Preheat the oven to 325 degrees F (165 degrees C).
- ☐ Roast, uncovered, for about 3 1/2 hours; baste frequently with pan juices. For a well done roast, cook until the internal temperature of the roast is 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:52.36, Glycemic Load:36.55, Inflammation Score:-8, Nutrition Score:51.358695836171%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg

Nutrients (% of daily need)

Calories: 1458.59kcal (72.93%), Fat: 37.15g (57.15%), Saturated Fat: 11.36g (70.98%), Carbohydrates: 61.93g (20.64%), Net Carbohydrates: 60.38g (21.96%), Sugar: 53.72g (59.69%), Cholesterol: 571.53mg (190.51%), Sodium: 5238.47mg (227.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 210.08g (420.16%), Selenium: 252.64µg (360.91%), Vitamin B6: 7.07mg (353.38%), Vitamin B3: 54.54mg (272.72%), Vitamin B1: 4.09mg (272.69%), Phosphorus: 2140.07mg (214.01%), Zinc: 16.73mg (111.55%), Vitamin B2: 1.82mg (106.84%), Potassium: 3648.48mg (104.24%), Vitamin B12: 4.63µg (77.11%), Vitamin B5: 7.1mg (71.01%), Magnesium: 268.2mg (67.05%), Iron: 6.53mg (36.25%), Copper: 0.65mg (32.37%), Vitamin D: 3.63µg (24.19%), Manganese: 0.47mg (23.55%), Vitamin C: 16.49mg (19.99%), Vitamin E: 1.28mg (8.54%), Calcium: 79.85mg (7.98%), Fiber: 1.55g (6.19%), Folate: 24.23µg (6.06%)