



Roast Pork Loin and Potatoes



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons rosemary leaves fresh minced
- ☐ 1 tablespoon sage fresh minced
- ☐ 6 garlic clove minced
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 4 pound pork loin bone-in (rib)
- ☐ 3 pounds baking potatoes peeled cut into 1-inch pieces

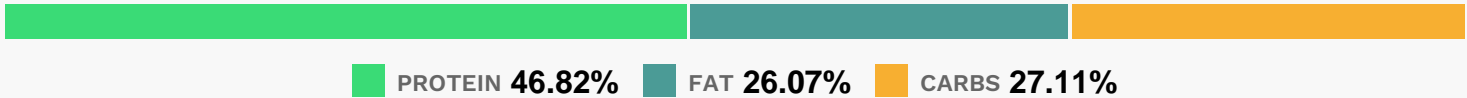
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375°F.
- ☐ Whisk 1/4 cup oil, garlic, butter, sage and rosemary in small bowl to blend.
- ☐ Place pork in large roasting pan.
- ☐ Sprinkle with salt and pepper. Rub herb mixture over pork. (Can be made 1 day ahead. Cover and chill.) Cover pork loosely with foil and roast 2 hours.
- ☐ Divide remaining 1/4 cup oil between 2 heavy large skillets.
- ☐ Heat oil over medium-high heat. Divide potatoes between skillets.
- ☐ Sprinkle with salt and pepper. Sauté until potatoes are golden but not tender, about 15 minutes.
- ☐ Transfer potatoes to roasting pan with pork. Toss potatoes with pan juices. Continue roasting, uncovered, until pork browns, potatoes are tender and juices are slightly reduced, about 40 minutes.
- ☐ Place pork in center of large platter. Surround with potatoes.
- ☐ Pour pan juices into 2-cup glass measuring cup. Spoon fat off top of juices and discard.
- ☐ Pour juices over pork and potatoes.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:32.51, Inflammation Score:-6, Nutrition Score:39.979565216147%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 632.85kcal (31.64%), Fat: 18.02g (27.72%), Saturated Fat: 5.56g (34.75%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 39.07g (14.21%), Sugar: 1.44g (1.6%), Cholesterol: 195.53mg (65.18%), Sodium: 175.16mg (7.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.81g (145.63%), Copper: 3.45mg (172.47%), Vitamin B6: 3.1mg (155.15%), Selenium: 85.12µg (121.6%), Vitamin B1: 1.53mg (102.31%), Vitamin B3: 19.74mg (98.71%), Phosphorus: 810.67mg (81.07%), Potassium: 2093.81mg (59.82%), Zinc: 6.16mg (41.05%), Vitamin B2: 0.65mg (37.98%), Magnesium: 133.31mg (33.33%), Vitamin B5: 2.96mg (29.56%), Manganese: 0.53mg (26.36%), Vitamin B12: 1.55µg (25.77%), Iron: 3.77mg (20.94%), Vitamin C: 13.87mg (16.81%), Fiber: 3.09g (12.35%), Vitamin D: 1.21µg (8.06%), Folate: 31.95µg (7.99%), Vitamin E: 0.99mg (6.6%), Vitamin K: 6.46µg (6.16%), Calcium: 57.29mg (5.73%), Vitamin A: 61.82IU (1.24%)