



 **58%**
HEALTH SCORE

Roast Pork Loin with Sour Citrus Sauce

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound pork loin boneless
- 0.5 cup cilantro leaves packed
- 4 medium garlic cloves smashed
- 0.5 cup grapefruit juice yellow freshly squeezed (from 1 medium grapefruit)
- 1.5 cups orange juice freshly squeezed (from 4 medium oranges)
- 8 servings salt and pepper black freshly ground
- 2 medium serrano chiles halved seeded

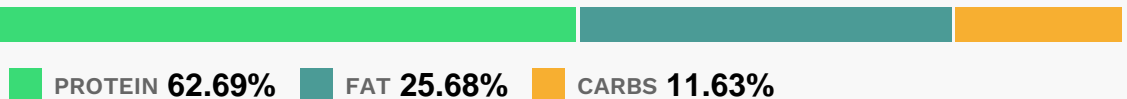
Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Mix all ingredients except 1/2 cup orange juice and pork until thoroughly combined.
- Add pork loin and turn to coat thoroughly.
- Place in refrigerator and let marinate at least 1 hour and up to 24 hours.
- Heat oven to 450 degrees F and arrange rack in middle.
- Remove pork from refrigerator and let rest at room temperature while oven heats up. When oven is heated, remove pork from marinade, strain marinade and discard solids and reserve juices. Season pork well with salt and freshly ground black pepper.
- Place pork in a roasting pan and roast until skin is golden-brown and internal temperature registers 145 to 150 degrees F on an instant-read thermometer, about 50 to 55 minutes.
- Remove pork to a cutting board and let rest at least 10 minutes before slicing.
- Meanwhile, combine reserved marinade juices and remaining 1/2 cup orange juice in a small saucepan and bring to a boil over medium heat. Skim sauce let cook until mixture is reduced by 2/3, about 10 minutes. Taste and adjust seasoning, as necessary. When pork is ready, slice thinly and serve with orange sauce over top.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:3.4, Inflammation Score:-4, Nutrition Score:19.65217418256%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 255.43kcal (12.77%), Fat: 7.04g (10.83%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.92g (2.52%), Sugar: 5.61g (6.23%), Cholesterol: 107.16mg (35.72%), Sodium: 84.99mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.65g (77.3%), Selenium: 47.4µg (67.71%), Vitamin B6: 1.33mg (66.54%), Vitamin B1: 0.8mg (53.33%), Vitamin B3: 10.05mg (50.24%), Phosphorus: 395.78mg (39.58%), Vitamin C: 28.63mg (34.7%), Potassium: 770.19mg (22.01%), Zinc: 3.13mg (20.85%), Vitamin B2: 0.34mg (19.81%), Vitamin B12: 0.87µg (14.46%), Vitamin B5: 1.39mg (13.89%), Magnesium: 51.95mg (12.99%), Copper: 0.13mg (6.46%), Iron: 1.14mg (6.31%), Vitamin D: 0.68µg (4.54%), Folate: 15.27µg (3.82%), Vitamin A: 176.25IU (3.52%), Vitamin K: 3.51µg (3.35%), Manganese: 0.06mg (3.17%), Calcium: 18.79mg (1.88%), Vitamin E: 0.28mg (1.85%)