



HEALTH SCORE

96%

Roasted Loin of Pork with Pan Gravy



Very Healthy

READY IN



150 min.

SERVINGS



1

CALORIES



2237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound pork loin roast boneless
- ☐ 2 tablespoons butter
- ☐ 2 medium carrots diced
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 stalk celery diced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour
- ☐ 2 cloves garlic minced

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 large onion diced
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup pork stock

Equipment

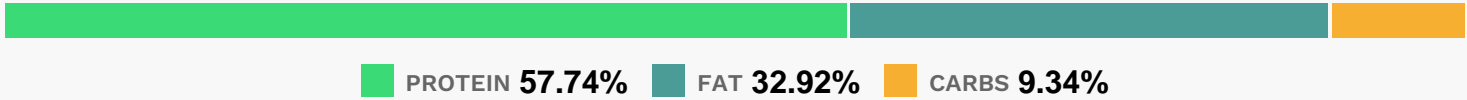
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Preheat oven to 300 degrees F (150 degrees C).
- ☐ Melt the butter in a skillet over medium heat, and stir in the black pepper, cayenne pepper, thyme, oregano, dry mustard powder, and garlic. Cook and stir until the garlic is fragrant, about 1 minute.
- ☐ Remove from heat.
- ☐ With a sharp knife, make several small slits in the pork roast.
- ☐ Place the roast into a roasting pan, and spread the spice mixture all over the roast and in the incisions. Surround the roast with celery, carrots, and onion, and season to taste with salt and black pepper.
- ☐ Roast in the preheated oven until the pork roast is browned and an instant-read meat thermometer inserted into the center of the roast reads at least 150 degrees F (65 degrees C), about 2 hours. About 15 minutes before the end of cooking, turn the oven temperature up to 425 to help brown the roast.

- ☐
- Remove pork roast from oven, and allow to stand for about 10 minutes before slicing. Check temperature again; roast temperature should be at least 160 degrees F (75 degrees C) before serving.
- ☐
- While roast is resting, place the roasting pan containing vegetables and pan drippings over a stove burner set to medium heat.
- ☐
- Whisk in the flour, and simmer the drippings and flour for about 3 minutes to remove raw taste from flour.
- ☐
- Whisk in the pork stock, a little at a time, until the gravy is thickened. Strain the gravy, and serve with the roast.

Nutrition Facts



Properties

Glycemic Index:361.83, Glycemic Load:20.39, Inflammation Score:-10, Nutrition Score:69.695217298425%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 30.97mg, Quercetin: 30.97mg, Quercetin: 30.97mg, Quercetin: 30.97mg

Nutrients (% of daily need)

Calories: 2236.75kcal (111.84%), Fat: 79.52g (122.34%), Saturated Fat: 31.69g (198.05%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 41.7g (15.16%), Sugar: 13.73g (15.26%), Cholesterol: 917.49mg (305.83%), Sodium: 1209.5mg (52.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 313.77g (627.53%), Selenium: 390.5µg (557.86%), Vitamin B6: 10.86mg (542.91%), Vitamin A: 21739.63IU (434.79%), Vitamin B1: 6.43mg (428.96%), Vitamin B3: 82.37mg (411.85%), Phosphorus: 3251.86mg (325.19%), Potassium: 6150.97mg (175.74%), Vitamin B2: 2.94mg (173.03%), Zinc: 25.73mg (171.56%), Vitamin B12: 6.99µg (116.46%), Vitamin B5: 10.96mg (109.61%), Magnesium: 416.85mg (104.21%), Iron: 11.22mg (62.31%), Manganese: 1.08mg (54.1%), Copper: 1.07mg (53.44%), Vitamin K: 54.34µg (51.75%), Vitamin D: 5.44µg (36.29%), Fiber: 9.05g (36.19%), Folate: 119.65µg (29.91%), Vitamin E: 4.16mg (27.7%), Vitamin C: 22.54mg (27.32%), Calcium: 239.76mg (23.98%)