

Roasted Pork Loin



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork loin roast boneless
- ☐ 1 tablespoon rosemary dried
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup white wine

Equipment

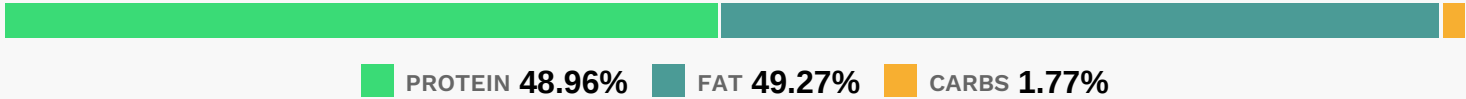
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Crush garlic with rosemary, salt and pepper, making a paste. Pierce meat with a sharp knife in several places and press the garlic paste into the openings. Rub the meat with the remaining garlic mixture and olive oil.
- ☐ Place pork loin into oven, turning and basting with pan liquids. Cook until the pork is no longer pink in the center, about 1 hour. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
- ☐ Remove roast to a platter.
- ☐ Heat the wine in the pan and stir to loosen browned bits of food on the bottom.
- ☐ Serve with pan juices.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:11.943478025172%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.16kcal (11.21%), Fat: 11.4g (17.53%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.16g (0.17%), Cholesterol: 71.44mg (23.81%), Sodium: 250.56mg (10.89%),

Alcohol: 1.54g (100%), Alcohol %: 1.43% (100%), Protein: 25.48g (50.97%), Selenium: 31.6µg (45.14%), Vitamin B6: 0.88mg (44.1%), Vitamin B1: 0.51mg (33.78%), Vitamin B3: 6.54mg (32.71%), Phosphorus: 259.74mg (25.97%), Zinc: 2.08mg (13.87%), Vitamin B2: 0.22mg (12.74%), Potassium: 441.77mg (12.62%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.86mg (8.58%), Magnesium: 31.82mg (7.95%), Vitamin E: 1.12mg (7.47%), Iron: 0.78mg (4.36%), Vitamin K: 4.14µg (3.95%), Copper: 0.07mg (3.56%), Vitamin D: 0.45µg (3.02%), Manganese: 0.05mg (2.47%), Calcium: 12.44mg (1.24%)