



 **65%**
HEALTH SCORE

Roasted Pork Loin with Roasted Garlic Vinaigrette

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



90 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 6 servings pepper black freshly ground
- 3.5 pound pork loin boneless
- 0.3 cup parsley leaves fresh chopped
- 2 heads garlic
- 0.8 cup olive oil extra-virgin

- 2 tablespoons olive oil
- 6 servings roasted garlic
- 1 teaspoon salt
- 6 servings salt
- 1 teaspoon sugar
- 2 tablespoons water

Equipment

- oven
- blender
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Preheat the oven to 475 degrees F.
- Cut the bulbs of garlic in half crosswise into a top and bottom.
- Place the garlic halves on a sheet of foil, drizzle with olive oil and sprinkle with salt. Fold the foil up and around the garlic halves, making sure they stay flat. Seal the foil into an airtight package. Roast until golden and soft, about 60 minutes. Keep the garlic in the foil and let cool slightly.
- Place the pork loin in a medium, heavy roasting pan. Season all sides with salt and pepper.
- Place the pork in the oven 30 minutes after the garlic has started roasting. Roast until an instant-read thermometer registers 140 to 145 degrees F, about 30 to 40 minutes.
- Remove the roasting pan from the oven, tent the pork loin with foil, and let rest for 15 minutes.
- Remove the garlic from the foil.
- Remove the cloves by squeezing the base of the garlic.
- Place the garlic, parsley, and balsamic vinegar in a blender. Pulse the machine until blended.
- Drizzle the oil into the blender while the machine is running.
- Add the sugar, salt, pepper, and water and blend until incorporated.

- Slice the pork into 3/4-inch thick slices and transfer to a serving platter.
- Drizzle some of the vinaigrette over the pork and pass the remaining vinaigrette alongside the pork in a small dish.

Nutrition Facts

PROTEIN 51.95%

FAT 40.56%

CARBS 7.49%

Properties

Glycemic Index:46.02, Glycemic Load:3.48, Inflammation Score:-5, Nutrition Score:30.250434642253%

Flavonoids

Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 479.47kcal (23.97%), Fat: 20.9g (32.16%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.28g (3.01%), Sugar: 3.99g (4.43%), Cholesterol: 166.7mg (55.57%), Sodium: 719.92mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.23g (120.47%), Vitamin B6: 2.15mg (107.68%), Selenium: 75.07µg (107.24%), Vitamin B1: 1.2mg (79.95%), Vitamin B3: 15.32mg (76.62%), Phosphorus: 620.12mg (62.01%), Vitamin K: 47.71µg (45.43%), Zinc: 4.95mg (33.03%), Potassium: 1080.47mg (30.87%), Vitamin B2: 0.51mg (30.08%), Vitamin B12: 1.35µg (22.49%), Vitamin B5: 2.06mg (20.58%), Magnesium: 76.2mg (19.05%), Manganese: 0.29mg (14.61%), Vitamin E: 1.83mg (12.17%), Iron: 2.03mg (11.3%), Copper: 0.2mg (10.22%), Vitamin C: 7.17mg (8.69%), Vitamin D: 1.06µg (7.06%), Calcium: 46.54mg (4.65%), Vitamin A: 213.17IU (4.26%), Fiber: 0.41g (1.64%), Folate: 4.22µg (1.05%)