




 **54%**
HEALTH SCORE

Rosemary Pork Roast with Carrots


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

READY IN




105 min.

SERVINGS



10

CALORIES



193 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 serving olive oil cooking spray
- 2.5 lb pork loin boneless
- 2 teaspoons rosemary dried crushed
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 2 lb baby carrots
- 1 large onion sweet cut into 16 wedges
- 0.5 teaspoon garlic powder

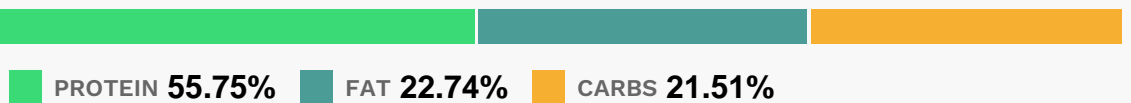
Equipment

- bowl
- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 400°F. Spray 15x10x1-inch pan with olive oil cooking spray.
- Remove fat from pork. Spray pork with cooking spray; sprinkle with 1 teaspoon of the rosemary, 1/2 teaspoon of the salt and the pepper.
- Place in center of pan.
- In large bowl, mix carrots, onion, garlic powder, the remaining teaspoon rosemary and 1/2 teaspoon salt. Arrange vegetable mixture around pork; spray vegetables with cooking spray.
- Roast uncovered 1 hour to 1 hour 30 minutes or until meat thermometer inserted into center of pork reads 155°F and vegetables are tender.
- Remove from heat; cover with foil and let stand 10 minutes until thermometer reads 160°F. Slice pork; serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:19.395217460135%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 192.8kcal (9.64%), Fat: 4.76g (7.33%), Saturated Fat: 1.44g (9%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 7.17g (2.61%), Sugar: 5.98g (6.65%), Cholesterol: 71.44mg (23.81%), Sodium: 361.64mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.53%), Vitamin A: 12511.31IU (250.23%), Vitamin B6: 1mg (49.87%), Selenium: 32.43µg (46.33%), Vitamin B1: 0.54mg (36.26%), Vitamin B3: 7.07mg (35.33%), Phosphorus: 290.2mg (29.02%), Potassium: 681.19mg (19.46%), Zinc: 2.24mg (14.96%), Vitamin B2: 0.25mg (14.81%), Vitamin B5: 1.24mg (12.43%), Fiber: 2.96g (11.85%), Magnesium: 41.79mg (10.45%), Vitamin B12: 0.58µg (9.64%), Manganese: 0.18mg (8.94%), Copper: 0.18mg (8.84%), Iron: 1.53mg (8.48%), Vitamin K: 8.71µg (8.29%), Folate: 32.25µg (8.06%), Vitamin C: 3.96mg (4.8%), Calcium: 42.06mg (4.21%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.16mg (1.04%)