



 **38%**
HEALTH SCORE

Savory Pork Roast

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

READY IN



85 min.

SERVINGS



12

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic clove minced
- 2 teaspoons marjoram dried
- 1 teaspoon salt
- 1 teaspoon rubbed sage
- 4 pounds pork loin whole boneless

Equipment

- oven
- roasting pan

kitchen thermometer

Directions

- Combine the seasonings; rub over roast.
- Place on a rack in a shallow roasting pan.
- Bake, uncovered, at 350°; until a thermometer reads 145°, 80 minutes.
- Let stand for 10–15 minutes before slicing.

Nutrition Facts

PROTEIN 70.88% **FAT 28.92%** **CARBS 0.2%**

Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:14.823913150184%

Nutrients (% of daily need)

Calories: 200.02kcal (10%), Fat: 6.14g (9.45%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 0.1g (0.03%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0g (0%), Cholesterol: 95.25mg (31.75%), Sodium: 267.93mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.74%), Selenium: 41.92µg (59.88%), Vitamin B6: 1.15mg (57.25%), Vitamin B1: 0.67mg (44.69%), Vitamin B3: 8.69mg (43.45%), Phosphorus: 340.64mg (34.06%), Zinc: 2.73mg (18.17%), Vitamin B2: 0.28mg (16.65%), Potassium: 566.86mg (16.2%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.13mg (11.28%), Magnesium: 39.47mg (9.87%), Iron: 0.84mg (4.66%), Copper: 0.09mg (4.44%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.2mg (1.32%)