



Schweinebraten Pork Roast

 Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound pork loin roast boneless
- 1 pinch basil dried
- 1 pinch marjoram dried
- 0.5 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 1.5 cups beer light
- 2 onions coarsely chopped
- 1.5 teaspoons salt

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine salt, marjoram, basil, pepper, and garlic powder in a small bowl. Rub spice mixture all over the pork roast.
- Place roast in roasting pan, and surround with onions.
- Pour beer into pan, and cover.
- Roast pork for 30 minutes in preheated oven. Uncover, and turn meat over. Continue to roast, checking for doneness every 30 minutes; add additional liquid if pan runs dry. Roast until internal temperature reaches 180 degrees, approximately 2 hours.

Nutrition Facts

PROTEIN 68.27% **FAT 27.75%** **CARBS 3.98%**

Properties

Glycemic Index:5.33, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:19.392608857025%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 266.62kcal (13.33%), Fat: 7.71g (11.86%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.81g (0.9%), Cholesterol: 119.07mg (39.69%), Sodium: 385.44mg (16.76%), Alcohol: 0.91g (100%), Alcohol %: 0.49% (100%), Protein: 42.66g (85.31%), Selenium: 52.61µg (75.15%), Vitamin B6: 1.46mg (73.18%), Vitamin B1: 0.85mg (56.55%), Vitamin B3: 11mg (55.02%), Phosphorus: 435.36mg (43.54%), Zinc: 3.45mg (23.01%), Vitamin B2: 0.36mg (21.44%), Potassium: 747.04mg (21.34%), Vitamin B12: 0.97µg (16.16%),

Vitamin B5: 1.44mg (14.43%), Magnesium: 53.72mg (13.43%), Iron: 1.24mg (6.87%), Copper: 0.12mg (6.22%), Vitamin D: 0.76µg (5.04%), Manganese: 0.07mg (3.73%), Vitamin K: 2.29µg (2.18%), Calcium: 19.39mg (1.94%), Vitamin E: 0.26mg (1.75%), Fiber: 0.43g (1.72%), Vitamin C: 1.4mg (1.7%), Folate: 5.83µg (1.46%)