



# Simple Savory Pork Roast

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

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**300 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 pounds pork loin boneless
- 0.5 teaspoon thyme dried
- 1.5 tablespoons rosemary leaves fresh
- 2 teaspoons garlic salt

## Equipment

- oven
- baking pan

ziploc bags

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large, resealable plastic bag, mix rosemary, garlic salt, thyme, and pepper.
- Place pork roast in the bag, seal, and toss until thoroughly coated with the garlic salt mixture.
- Transfer to a medium baking dish.
- Cook pork roast 1 hour in the preheated oven, or to an internal temperature of 145 degrees F (63 degrees C).

## Nutrition Facts

**PROTEIN 70.74%** **FAT 28.96%** **CARBS 0.3%**

## Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:22.408695719164%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 300.47kcal (15.02%), Fat: 9.25g (14.22%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 0.21g (0.07%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0g (0%), Cholesterol: 142.88mg (47.63%), Sodium: 886.48mg (38.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.81g (101.62%), Selenium: 62.83µg (89.76%), Vitamin B6: 1.71mg (85.73%), Vitamin B1: 1.01mg (67.03%), Vitamin B3: 13.04mg (65.2%), Phosphorus: 510.92mg (51.09%), Zinc: 4.1mg (27.3%), Vitamin B2: 0.43mg (25.02%), Potassium: 853.5mg (24.39%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.69mg (16.95%), Magnesium: 59.77mg (14.94%), Iron: 1.38mg (7.64%), Copper: 0.14mg (6.77%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.3mg (2.01%), Manganese: 0.04mg (1.99%), Calcium: 15.35mg (1.53%), Vitamin K: 1.57µg (1.49%)