



Simply Roasted Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound pork loin boneless trimmed
- ☐ 0.8 teaspoon garlic powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon salt

Equipment

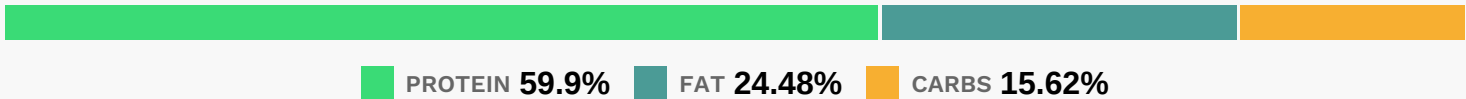
- ☐ sauce pan

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 42
- ☐ Place the preserves in a small saucepan over medium-low heat, and cook 10 minutes or until melted. Keep warm over low heat.
- ☐ Combine salt, oregano, garlic powder, and pepper; rub evenly over pork.
- ☐ Place pork on a rack coated with cooking spray; place rack in a shallow roasting pan.
- ☐ Bake at 425 for 30 minutes.
- ☐ Brush 1/4 cup preserves evenly over pork.
- ☐ Bake an additional 10 minutes.
- ☐ Brush remaining preserves evenly over pork.
- ☐ Bake an additional 10 minutes or until thermometer registers 155 (slightly pink).
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:9.81652183377222%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.84kcal (7.49%), Fat: 3.97g (6.11%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.68g (4.09%), Cholesterol: 61.24mg (20.41%), Sodium: 217.26mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.87g (43.74%), Selenium: 27.14µg (38.77%), Vitamin B6: 0.74mg (36.99%), Vitamin B1: 0.43mg (28.77%), Vitamin B3: 5.6mg (27.98%), Phosphorus: 219.94mg (21.99%), Zinc:

1.76mg (11.76%), Vitamin B2: 0.18mg (10.87%), Potassium: 374.73mg (10.71%), Vitamin B12: 0.5µg (8.26%), Vitamin B5: 0.73mg (7.29%), Magnesium: 26.25mg (6.56%), Iron: 0.64mg (3.53%), Copper: 0.07mg (3.38%), Vitamin D: 0.39µg (2.59%), Manganese: 0.03mg (1.42%), Vitamin E: 0.17mg (1.1%)