


HEALTH SCORE 100%

Slow-Roasted Pork with Lime Mojo



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



6 servings lime



3.5 pound pork loin boneless



3 tablespoons suya seasoning mix

Equipment



oven



roasting pan



kitchen thermometer



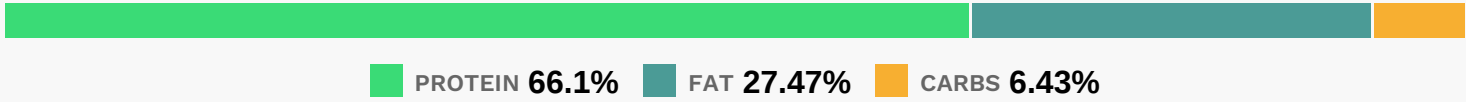
aluminum foil

- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Rub 3 tablespoons Latin Spice
- ☐ Mix all over pork.
- ☐ Place pork in large resealable plastic bag.
- ☐ Add 2 cups Lime Mojo. Close bag and refrigerate pork overnight. Cover remaining Lime Mojo and refrigerate.
- ☐ Preheat oven to 450°F. Discard marinade from pork.
- ☐ Place pork on rack in large roasting pan. Roast 30 minutes. Reduce oven temperature to 300°F and roast until thermometer inserted into center of pork registers 150°F, about 45 minutes.
- ☐ Transfer pork to cutting board. Tent with foil; let stand 15 minutes.
- ☐ Cut pork into 1/2-inch-thick slices. Spoon reserved Lime Mojo over pork.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:31.760434959246%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.96kcal (18.55%), Fat: 11.07g (17.04%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 2.49g (0.91%), Sugar: 0.42g (0.47%), Cholesterol: 166.7mg (55.57%), Sodium: 131.64mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.96g (119.91%), Selenium: 73.65µg (105.22%), Vitamin B6: 2.08mg (103.89%), Vitamin B1: 1.19mg (79.16%), Vitamin B3: 15.56mg (77.79%), Phosphorus: 607.54mg (60.75%), Vitamin K: 46.01µg (43.82%), Zinc: 4.97mg (33.13%), Vitamin B2: 0.54mg (31.48%), Potassium: 1089.88mg (31.14%), Iron: 4.19mg (23.29%), Vitamin B12: 1.35µg (22.49%), Magnesium: 89.18mg (22.29%), Vitamin B5: 2.05mg (20.55%),

Manganese: 0.39mg (19.4%), Calcium: 133.61mg (13.36%), Fiber: 3.34g (13.35%), Vitamin E: 1.71mg (11.4%), Copper: 0.2mg (10.24%), Vitamin D: 1.06µg (7.06%), Folate: 18.08µg (4.52%), Vitamin C: 2.21mg (2.68%), Vitamin A: 129.26IU (2.59%)