



Soda Pop-and-Soy Marinade



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 garlic cloves pressed
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.8 teaspoon ground ginger
- ☐ 1 cup lemon-lime drink soft
- ☐ 1 tablespoon brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon worcestershire sauce

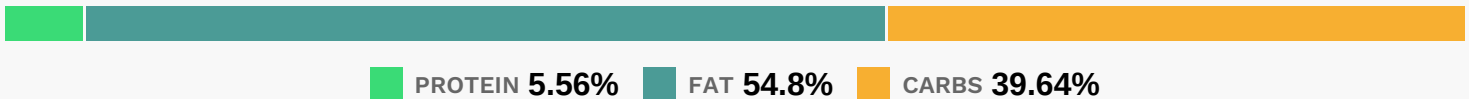
Equipment

- ☐ knife
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Whisk together lemon-lime soft drink and remaining ingredients until thoroughly blended. Use immediately.
- ☐ Place Soda Pop-and-Soy Marinade in a shallow dish or large zip-top plastic freezer bag. Pierce 1 (2 1/2-lb.) pork loin roast several times with a knife; add roast to marinade, and turn to coat. Cover or seal, and chill 4 to 6 hours, turning occasionally. Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Remove roast from marinade, discarding marinade. Pat roast dry, and sprinkle with 1 tsp. salt and 1/2 tsp. pepper. Tie with kitchen string, securing at 2-inch intervals.
- ☐ Place roast over lit side of grill, and grill, covered with grill lid, 5 minutes on each side or until browned.
- ☐ Transfer roast to unlit side, and grill, covered with grill lid, 1 hour or until a meat thermometer inserted into thickest portion registers 15
- ☐ Remove from grill, and let stand 10 minutes before slicing.
- ☐ Garnish with fresh flat-leaf parsley sprigs, if desired. Makes 6 to 8 servings; Prep: 20 min.; Chill: 6 hr.; Grill: 1 hr., 10 min.; Stand: 10 min.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.88608694975467%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 45kcal (2.25%), Fat: 2.82g (4.34%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.84g (4.27%), Cholesterol: 0mg (0%), Sodium: 326.71mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 0.64g (1.29%), Manganese: 0.1mg (5.14%), Vitamin E: 0.41mg (2.71%), Vitamin K: 1.75µg (1.67%), Iron: 0.29mg (1.61%), Vitamin B3: 0.25mg (1.25%)