

## Vini's Pork Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon browning sauce
- 1.5 teaspoons caraway seed
- 2 tablespoons cornstarch
- 1 teaspoon ground pepper black
- 1.5 teaspoons ground sage
- 3 pounds pork loin roast
- 1.5 teaspoons salt

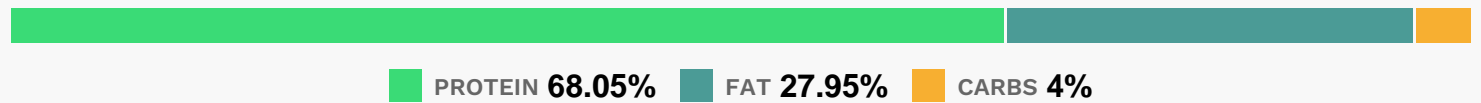
### Equipment

- bowl
- frying pan
- sauce pan
- oven
- roasting pan
- measuring cup

## Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a small bowl combine the caraway seeds, black pepper, salt and sage. Rub mixture all over the pork.
- Place pork into a shallow roasting pan and bake, uncovered until an internal temperature of 145 degrees F (63 degrees C) is reached, about 30 minutes per pound.
- Remove roast from pan, set aside and cover.
- Pour pan drippings into a measuring cup and add enough water to equal 2 cups.
- Pour into a small saucepan and stir in the browning sauce and cornstarch. Cook over low heat, stirring constantly, until mixture is smooth. Raise heat and bring to a boil. Cook until thickened.
- Serve alongside the pork roast.

## Nutrition Facts



## Properties

Glycemic Index:4.57, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:19.325652156187%

## Nutrients (% of daily need)

Calories: 268.24kcal (13.41%), Fat: 7.97g (12.26%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.08g (0.08%), Cholesterol: 122.47mg (40.82%), Sodium: 594.62mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.65g (87.3%), Selenium: 53.98µg (77.11%), Vitamin B6: 1.47mg (73.53%), Vitamin B1: 0.86mg (57.55%), Vitamin B3: 11.19mg (55.94%), Phosphorus: 440.6mg (44.06%), Zinc: 3.53mg (23.53%), Vitamin B2: 0.37mg (21.51%), Potassium: 737.03mg (21.06%), Vitamin B12: 0.99µg (16.52%),

Vitamin B5: 1.45mg (14.52%), Magnesium: 52.31mg (13.08%), Iron: 1.17mg (6.49%), Copper: 0.12mg (6.11%), Vitamin D: 0.78µg (5.18%), Manganese: 0.06mg (2.94%), Vitamin E: 0.27mg (1.79%), Calcium: 14.65mg (1.46%), Fiber: 0.26g (1.06%)