

Orange and Rosemary Roasted Pork Loin

Serve with *Apricot-Almond Chutney*

1 1/2 pounds Boneless Pork Loin Roast
2 tablespoons zest of orange, about 2 oranges
1 sprig fresh rosemary, leaves removed and chopped finely
2 large cloves garlic, crushed
1 teaspoon coarse ground black pepper
1/2 teaspoon salt

Blend rub ingredients in a small bowl until evenly mixed. Rub seasoning over entire surface, pressing to coat. Roast may be cooked immediately or let sit one hour. For a cured flavor, refrigerate overnight wrapped tightly in plastic. Heat oven to 350 degrees F. Place pork loin on a rack in a shallow pan. Roast 45 minutes to 1 hour until meat thermometer inserted in center of meat reads 150 degrees F. to 155 degrees F. Remove from oven and let roast stand for 10 minutes before carving into 1/4 thick slices. (Temperature of roast will rise 5 degrees to 10 degrees after removal from oven.)

Servings: 6

Preparation time: 10 minutes

Cooking time: 45 minutes

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

zest of orange, about 2 oranges

Amount Per Serving	
Calories	219.35
Calories From Fat (54%)	118.94
% Daily Value	
Total Fat 13.20g	20%
Saturated Fat 4.57g	23%
Cholesterol 66.91mg	22%
Sodium 242.95mg	10%
Potassium 452.61mg	13%
Carbohydrates 0.62g	0%
Dietary Fiber 0.15g	1%
Sugar 0.01g	
Sugar Alcohols 0.00g	
Net Carbohydrates 0.46g	
Protein 23.06g	46%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 1/2 pounds Boneless Pork Loin Roast	1.50 x 1 lb of Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw
2 tablespoons zest of orange, about 2 oranges	Not linked
1 sprig fresh rosemary, leaves removed and chopped finely	1 x 1 tablespoon of Rosemary, fresh
2 large cloves garlic, crushed	2 x 1 clove of Garlic, raw
1 teaspoon coarse ground black pepper	1 x 1 teaspoon of Spices, pepper, black
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table

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