

# Boneless Pork Loin Roast with Herbed Pepper Rub - recipe from

TheOtherWhiteMeat.com

Times: 5 minutes prep, 90 minutes cook

## Ingredients:

1 3 pound boneless pork loin roast

### **Herbed Pepper Rub**

2 tablespoons black pepper, cracked

2 tablespoons Parmesan cheese, grated

2 teaspoons dried basil

2 teaspoons dried rosemary

2 teaspoons dried thyme

1/4 teaspoon garlic powder

1/4 teaspoon salt

## Cooking Directions:

Pat pork dry with paper towel. In small bowl, combine all rub ingredients well and apply to all surfaces of the pork roast. Place roast in a shallow pan and roast in a 350 degrees F. oven for 1-1 1/4 hours (20 minutes per pound), until internal temperature on a thermometer reads 150 degrees F. Remove roast from oven; let rest until temperature reaches 160 degrees F, about 10 minutes before slicing to serve. Serves 6-8, with leftovers.



Nutritional values for 12 servings.

**Nutrition:**

Calories: 131 calories

Protein: 22 grams

Fat: 5 grams

Sodium: 97 milligrams

Cholesterol: 57 milligrams

Saturated Fat: 1 grams

Carbohydrates: 1 grams

Fiber: 1 grams

