

Caribbean Roast Pork

Ingredients:

1 (3-pound) pork loin roast
2 teaspoons olive oil
1 tablespoon black pepper
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon

Directions:

1. Blend oil, pepper, nutmeg and cinnamon in small bowl. Brush mixture evenly onto roast.
2. Place pork in shallow pan; roast in 350 degrees F. oven for 1 ½ hours or until internal temperature is 155 degrees F.
3. Remove pork from oven; let stand 10 minutes before slicing.

Serves 6 to 8.

Nutrition Facts:

Calories 240 calories
Protein 30 grams
Fat 12 grams
Carbohydrates 1 grams
Fiber 0 grams