

# Low-Carb Ginger Spiced Pork Roast

Hands-on 10 minutes Overall 2 hours 30 minutes

**Nutritional values (per serving, about 150 g/ 5.3 oz cooked meat):** Total carbs: 0.9 g,

Fiber: 0.2 g, **Net carbs: 0.8 g**, Protein: 39.6 g, Fat: 30.9 g, Calories: 451 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 10 servings)

- 1 large pork loin roast, tied (2 kg/ 4.4 lb)
- 4 cloves garlic, minced
- 1 tbsp freshly grated ginger
- 2 tsp fresh orange zest, organic
- 4 tbsp [Sukrin Gold](#) or granulated [Erythritol](#) or [Swerve](#) (40 g/ 1.4 oz)
- 1/2 tsp red chili flakes
- 1/4 tsp ground cloves
- 1/4 tsp freshly ground black pepper
- 1 1/2 tsp sea salt
- 2 tbsp [ghee](#) or lard, melted (30 g/ 1.1 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)

Leftovers can be stored in the fridge for up to 4 days.

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## Instructions

1. Prepare the marinating paste. Mix the minced garlic, grated ginger, orange zest, sweetener, chili flakes, ground cloves, ground black pepper and salt.
2. Add ghee and olive oil and mix until well combined.
3. Place the pork loin on a piece of plastic wrap. Rub the paste all over the pork loin.
4. Cover it well with the plastic wrap. Place in a roasting pan and refrigerate overnight to let the pork infuse with all the flavours.
5. Remove from the fridge and let it sit at room temperature for 30-60 minutes before roasting. Place in the oven preheated to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional) and bake for 15 minutes. Then, reduce the heat to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional) and bake for another 2 hours or until your [instant-read thermometer](#) inserted in the thickest part reads 57-60 °C/ 135-140 °F. Then, remove from the oven and let it rest for 15 minutes.
6. Slice and serve with low-carb sides such as [Buttered Brussels Sprouts](#), [Creamy Keto Mash](#) or [Keto Celeriac Cauli-Mash](#).