



Asian-Brined Pork Loin



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



30

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces ginger fresh thinly sliced
- ☐ 1.5 cups soya sauce low-sodium
- ☐ 1.5 cups mirin
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 6 pounds pork loin roast bone-in
- ☐ 10 small chiles dried red (small)
- ☐ 2 tablespoons sesame oil toasted
- ☐ 1 tablespoon vegetable oil

☐ 8 cups water cold

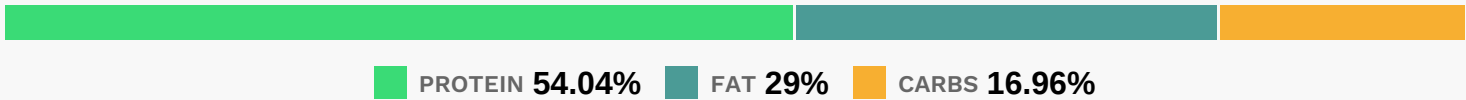
Equipment

- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ In a large pot, combine the mirin, soy sauce, ginger, chiles, orange slices, sesame oil and water.
- ☐ Add the pork roast, cover and refrigerate overnight.
- ☐ Preheat the oven to 35
- ☐ Drain the pork and let it come to room temperature. Pat dry. In a medium, flameproof roasting pan, heat the vegetable oil.
- ☐ Add the pork roast and cook over moderate heat, turning occasionally, until browned all over, about 10 minutes.
- ☐ Transfer the roast to the oven, meaty side up, and roast for about 1 hour and 10 minutes, or until an instant-read thermometer inserted in the thickest part of the meat registers 13
- ☐ Cover the pork very loosely with foil and let rest for 15 minutes.
- ☐ Using a long, sharp knife and using the bones as your guide, carefully carve the pork roast off the bones in one piece. Slice it thinly before serving. Reserve the rib rack for another meal or cut into individual ribs and serve them alongside the roast.

Nutrition Facts



Properties

Glycemic Index:1.92, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:10.100434756797%

Flavonoids

Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 161.79kcal (8.09%), Fat: 5.15g (7.92%), Saturated Fat: 1.35g (8.42%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.49g (2.36%), Sugar: 3.32g (3.68%), Cholesterol: 57.15mg (19.05%), Sodium: 597.91mg (26%), Alcohol: 1.18g (100%), Alcohol %: 0.8% (100%), Protein: 21.58g (43.16%), Selenium: 25.25µg (36.07%), Vitamin B6: 0.71mg (35.73%), Vitamin B1: 0.41mg (27.45%), Vitamin B3: 5.4mg (27.01%), Phosphorus: 227.28mg (22.73%), Vitamin B2: 0.2mg (11.98%), Zinc: 1.76mg (11.72%), Potassium: 408.41mg (11.67%), Magnesium: 35.13mg (8.78%), Vitamin B12: 0.46µg (7.71%), Vitamin B5: 0.74mg (7.36%), Copper: 0.08mg (3.99%), Iron: 0.69mg (3.86%), Manganese: 0.07mg (3.54%), Vitamin C: 2.51mg (3.05%), Vitamin D: 0.36µg (2.42%), Folate: 7.35µg (1.84%), Vitamin E: 0.25mg (1.67%), Calcium: 12.72mg (1.27%), Fiber: 0.28g (1.12%)