



Bacon-Wrapped Maple Pork Loin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb bacon
- ☐ 0.5 teaspoon peppercorns black crushed
- ☐ 4 lb pork loin boneless trimmed
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 teaspoon cornstarch
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 large garlic clove smashed
- ☐ 3 garlic clove finely chopped

- ☐ 0.3 cup kosher salt
- ☐ 3 tablespoons maple syrup (Grade B or amber)
- ☐ 1 bay leaves
- ☐ 1 teaspoon water

Equipment

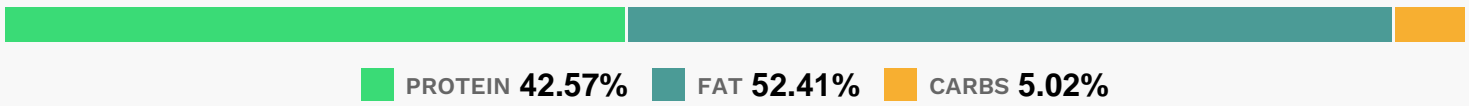
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Combine all brining ingredients except pork loin in a 3- to 4-quart saucepan and heat over high heat, stirring, until salt is dissolved.
- ☐ Pour brine into a deep 4- to 5-quart pot; cool to room temperature, uncovered, about 2 hours.
- ☐ Add pork to brine, making sure it is completely covered by brine, and marinate, covered and chilled, 8 to 24 hours.
- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat pork dry (discard brine) and remove any strings, then transfer to a roasting pan. Stir together garlic, sage, and 1 tablespoon syrup in a small bowl and rub all over pork.
- ☐ Lay bacon slices crosswise over loin, overlapping slightly, and tuck ends of bacon underneath loin.
- ☐ Roast pork until thermometer registers 140°F, about 1 1/4 hours. Stir together 1 tablespoon syrup and vinegar until combined.

- ☐ Brush vinegar mixture over bacon slices and continue to roast pork until thermometer registers 150°F, about 10 minutes more.
- ☐ Remove from oven and let stand in pan 15 minutes.
- ☐ Transfer roast to a cutting board with a lip, reserving juices in pan, and let roast stand, uncovered, while making sauce.
- ☐ Skim fat from pan juices and discard, then transfer jus to a small saucepan and bring to a simmer. Stir together cornstarch and water and whisk into jus. Simmer, stirring, until slightly thickened, about 1 minute.
- ☐ Remove from heat and stir in remaining tablespoon syrup.
- ☐ Serve pork with sauce.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:2.03, Inflammation Score:-3, Nutrition Score:31.004782858021%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 562.07kcal (28.1%), Fat: 31.81g (48.93%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.52g (5.02%), Cholesterol: 180.3mg (60.1%), Sodium: 5203.23mg (226.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.12g (116.25%), Copper: 4.71mg (235.72%), Selenium: 74.46µg (106.38%), Vitamin B6: 1.88mg (94.14%), Vitamin B1: 1.17mg (78.26%), Vitamin B3: 15.33mg (76.65%), Phosphorus: 595.4mg (59.54%), Vitamin B2: 0.57mg (33.49%), Zinc: 4.87mg (32.44%), Potassium: 995.83mg (28.45%), Vitamin B12: 1.44µg (24%), Manganese: 0.42mg (21.1%), Vitamin B5: 2.02mg (20.17%), Magnesium: 70.98mg (17.75%), Iron: 1.74mg (9.64%), Vitamin D: 1.13µg (7.56%), Calcium: 39.29mg (3.93%), Vitamin E: 0.54mg (3.62%)