



Barbecue-Rubbed Pork Loin with Raisin-Mustard Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



324 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup apple jelly
- ☐ 1 cup apple juice
- ☐ 3.8 pound pork loin boneless trimmed
- ☐ 0.8 teaspoon curry powder
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon dijon mustard
- ☐ 2 teaspoons ginger fresh grated peeled

- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons paprika
- ☐ 1 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

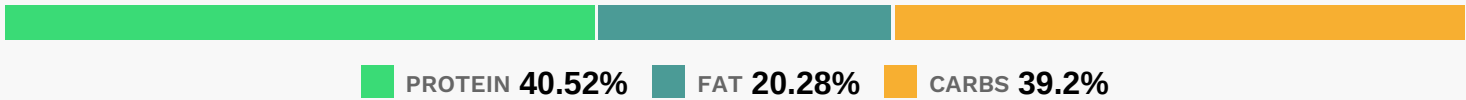
Directions

- ☐ To prepare chutney, heat oil in a large saucepan over medium-high heat.
- ☐ Add onion, 2 teaspoons fresh ginger, and garlic; saut 4 minutes. Stir in juice and next 6 ingredients (through 1/2 teaspoon cumin); bring to a boil. Reduce heat, and simmer 15 minutes

or until liquid is almost absorbed.

- ☐ Remove from heat; let stand 10 minutes. Stir in jelly, mustard, and 1/4 teaspoon salt. Spoon into a bowl; cover and chill.
- ☐ Preheat oven to 35
- ☐ To prepare pork, combine sugar and next 8 ingredients (through red pepper); rub over pork.
- ☐ Place pork on a rack coated with cooking spray; place rack in pan.
- ☐ Bake at 350 for 1 hour and 20 minutes or until a meat thermometer registers 160 (slightly pink).
- ☐ Let stand 20 minutes.
- ☐ Cut into thin slices.
- ☐ Serve with chutney.

Nutrition Facts



Properties

Glycemic Index:45.2, Glycemic Load:16.25, Inflammation Score:-4, Nutrition Score:17.139999923499%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 323.7kcal (16.18%), Fat: 7.33g (11.27%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.83g (10.85%), Sugar: 16.03g (17.81%), Cholesterol: 89.3mg (29.77%), Sodium: 433.12mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Vitamin B6: 1.18mg (58.77%), Selenium: 40.38µg (57.68%), Vitamin B1: 0.66mg (44.19%), Vitamin B3: 8.53mg (42.66%), Phosphorus: 356.18mg (35.62%), Potassium: 795.88mg (22.74%), Vitamin B2: 0.33mg (19.54%), Zinc: 2.71mg (18.08%), Magnesium: 51.59mg (12.9%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.12mg (11.22%), Iron: 1.89mg (10.52%), Manganese: 0.19mg (9.74%), Copper: 0.19mg (9.65%), Fiber: 2.03g (8.11%), Vitamin C: 3.37mg (4.08%), Vitamin D: 0.57µg (3.78%), Vitamin E: 0.55mg (3.68%), Calcium: 32.27mg (3.23%), Vitamin A: 150.52IU (3.01%), Vitamin K: 1.76µg (1.67%), Folate: 5.19µg (1.3%)