



Brined Pork Loin with Onion, Raisin, and Garlic Compote



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1 tablespoon peppercorns whole black
- ☐ 0.5 cup coarse salt
- ☐ 1 tablespoon coriander seeds
- ☐ 1 tablespoon fennel seeds
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 2 teaspoons rosemary fresh chopped

- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 tablespoon olive oil
- ☐ 8 servings onion
- ☐ 4 pounds center-cut pork loin roast boneless
- ☐ 8 cups water

Equipment

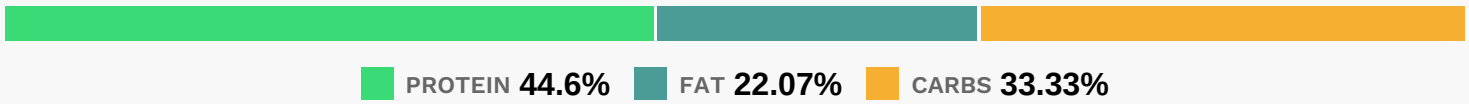
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Combine first 7 ingredients in heavy large pot. Bring to simmer over medium heat, stirring to dissolve salt and sugar.
- ☐ Remove from heat. Cool to room temperature.
- ☐ Transfer brine to very large bowl.
- ☐ Add pork (weight pork with plate to keep below surface). Cover; refrigerate over-night.
- ☐ Drain pork. Return pork to bowl; cover with water (weight pork with plate). Soak at room temperature 2 hours.
- ☐ Position rack in top third of oven and preheat to 350°F.
- ☐ Drain pork. Pat dry.
- ☐ Transfer to rack set in large roasting pan. Rub pork all over with oil.
- ☐ Sprinkle with fresh herbs, pressing to adhere.

- ☐ Sprinkle with pepper. Roast until thermometer inserted into center of pork registers 150°F, about 1 hour 40 minutes.
- ☐ Transfer pork to cutting board; tent with foil.
- ☐ Let stand 10 minutes.
- ☐ Cut pork into 1/4- to 1/2-inch-thick slices.
- ☐ Serve with compote.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:12.82, Inflammation Score:-6, Nutrition Score:29.60913006767%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 464.87kcal (23.24%), Fat: 11.42g (17.57%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 38.81g (12.94%), Net Carbohydrates: 35.77g (13.01%), Sugar: 13.35g (14.83%), Cholesterol: 142.88mg (47.63%), Sodium: 7209.81mg (313.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.93g (103.86%), Copper: 1.82mg (91.07%), Selenium: 63.41µg (90.59%), Vitamin B6: 1.78mg (89.2%), Vitamin B1: 1.05mg (69.73%), Vitamin B3: 13.46mg (67.31%), Phosphorus: 542.31mg (54.23%), Potassium: 1158.4mg (33.1%), Vitamin B2: 0.49mg (28.74%), Zinc: 4.27mg (28.5%), Manganese: 0.41mg (20.25%), Magnesium: 80.57mg (20.14%), Vitamin B12: 1.16µg (19.28%), Vitamin B5: 1.74mg (17.41%), Iron: 2.69mg (14.97%), Fiber: 3.04g (12.15%), Calcium: 67.32mg (6.73%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.56mg (3.73%), Vitamin C: 2.77mg (3.35%), Vitamin K: 3.51µg (3.34%)