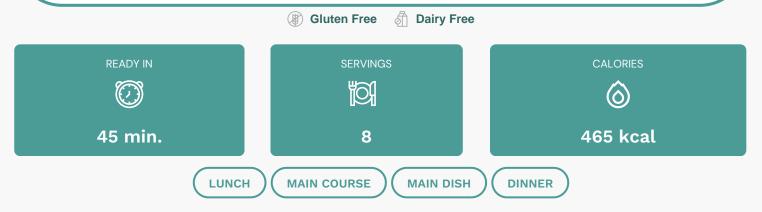


Brined Pork Loin with Onion, Raisin, and Garlic Compote



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	
Di	rections	
	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.	

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

PROTEIN 44.6% FAT 22.07% CARBS 33.33%

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 %: O% (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%)