



Cedar Plank Pork Loin

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



315 min.

SERVINGS



15

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup heinz bbq sauce classic & sweet thick
- 2 lb pork loin boneless
- 1 untreated cedar plank
- 1 Tbsp oil
- 1 orange zest
- 0.3 cup teriyaki sauce

Equipment

- grill

- aluminum foil
- cutting board

Directions

- Immerse plank in water, placing a weight on top of plank to keep it submerged. Soak 4 hours.
- Heat grill to medium heat.
- Mix barbecue sauce, teriyaki sauce and orange zest until blended. Reserve half the barbecue sauce mixture for serving with the cooked meat.
- Brush top of plank with oil; top with meat.
- Place on grate of grill; cover with lid.
- Grill 1 hour or until meat is done (145F), turning and brushing with remaining barbecue sauce mixture for the last 20 min.
- Remove meat from grill; cover loosely with foil.
- Let stand 3 min.
- Transfer meat to cutting board. Discard plank.
- Cut meat into thin slices.
- Serve with reserved barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:6.4982609081527%

Nutrients (% of daily need)

Calories: 109.53kcal (5.48%), Fat: 3.45g (5.31%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.66g (1.7%), Sugar: 3.84g (4.27%), Cholesterol: 38.1mg (12.7%), Sodium: 311.69mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.83%), Selenium: 16.94µg (24.2%), Vitamin B6: 0.47mg (23.5%), Vitamin B1: 0.27mg (18.17%), Vitamin B3: 3.6mg (18%), Phosphorus: 145.54mg (14.55%), Potassium: 260.8mg (7.45%), Zinc: 1.11mg (7.41%), Vitamin B2: 0.12mg (7.21%), Vitamin B12: 0.31µg (5.14%), Magnesium: 20.07mg (5.02%), Vitamin B5: 0.48mg (4.8%), Iron: 0.48mg (2.64%), Copper: 0.05mg (2.37%), Vitamin E: 0.32mg (2.13%), Vitamin D: 0.24µg (1.61%), Vitamin C: 1.15mg (1.39%)