



Cerdo al Caramelo (Pork Loin with Caramel Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds pork loin boneless
- ☐ 0.3 cup butter melted
- ☐ 1 garlic clove
- ☐ 1 cup onion
- ☐ 6 servings salt and pepper

Equipment

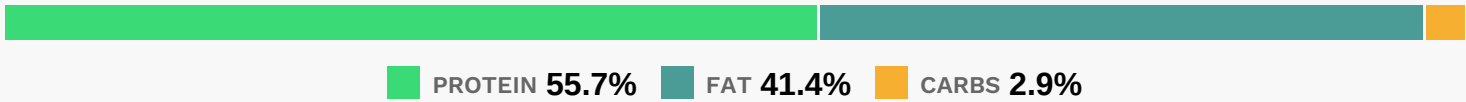
- ☐ oven

- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F.Grind together the garlic, onion, salt, and pepper.
- ☐ Spread the mixture over the pork and allow it to sit at room temperature for at least 20 minutes.
- ☐ Place the pork in a pot and add 5 cups of water. Cover and cook over medium heat for 30 minutes.
- ☐ Transfer the pork to a roasting pan and set aside.
- ☐ Add the cinnamon sticks, melted butter, brown sugar or panela, and ground cloves to the cooking liquid.
- ☐ Mix well and add the mixture to the pork.Cook for 30, or until a meat thermometer inserted into the middle of the pork reads exactly 138 degrees.
- ☐ Add more water if necessary.Cover the meat with aluminum foil and allow it to rest for 15 minutes. Arrange the meat on a platter and pour the sauce on top.
- ☐ Sprinkle with salt and freshly ground pepper to taste.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:23.231304220531%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 378.6kcal (18.93%), Fat: 16.91g (26.01%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.14g (1.27%), Cholesterol: 163.22mg (54.41%), Sodium: 366.89mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.19g (102.37%), Selenium: 63.12µg (90.17%), Vitamin B6: 1.75mg (87.54%), Vitamin B1: 1.02mg (67.9%), Vitamin B3: 13.07mg (65.34%), Phosphorus: 521.06mg (52.11%), Zinc: 4.14mg (27.62%), Vitamin B2: 0.44mg (25.59%), Potassium: 891.47mg (25.47%), Vitamin B12: 1.17µg (19.55%), Vitamin B5: 1.74mg (17.36%), Magnesium: 61.95mg (15.49%), Iron: 1.29mg (7.18%), Copper: 0.14mg (7.18%), Vitamin D: 0.91µg (6.05%), Vitamin A: 236.94IU (4.74%), Vitamin E: 0.52mg (3.47%), Manganese: 0.06mg (2.96%), Vitamin C: 2.13mg (2.58%), Calcium: 20.77mg (2.08%), Fiber: 0.46g (1.86%), Folate: 5.37µg (1.34%)