



Chile-Brined Roasted Pork Loin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 pound pork loin boneless trimmed
- ☐ 7 ounce chipotle chiles in adobo sauce chopped canned
- ☐ 2 tablespoons cumin seeds
- ☐ 2 garlic cloves minced
- ☐ 6 garlic cloves minced
- ☐ 2 cups ice cubes
- ☐ 0.5 cup kosher salt

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons lime rind grated
- ☐ 1 tablespoon mexican oregano dried
- ☐ 1 teaspoon mexican oregano dried
- ☐ 0.5 cup sugar
- ☐ 7 cups water divided

Equipment

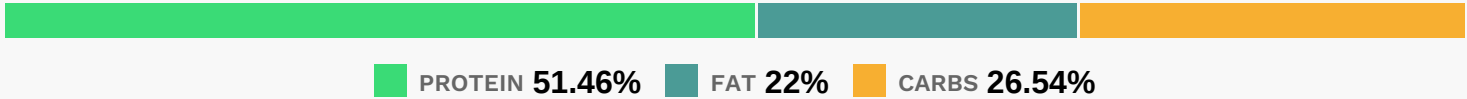
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine 1 cup water, cumin, rind, 1 tablespoon oregano, and 6 garlic cloves in a small saucepan. Bring to a boil; remove from heat.
- ☐ Pour into a large bowl; cool to room temperature.
- ☐ Add remaining 6 cups water, salt, and sugar, stirring until salt and sugar dissolve. Stir in chiles.
- ☐ Pour salt mixture into a 2-gallon zip-top plastic bag.
- ☐ Add ice and pork; seal. Marinate in refrigerator 24 hours, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Remove pork from bag; discard brine. Pat pork dry with paper towels.
- ☐ Combine juice, pepper, 1 teaspoon oregano, and 2 garlic cloves.
- ☐ Place pork in a roasting pan coated with cooking spray.
- ☐ Brush juice mixture over pork.

- ☐ Bake at 450 for 15 minutes. Reduce oven temperature to 325 (do not remove pork fromoven); bake an additional 45 minutes or until thermometer inserted into thickest portion of pork registers 15
- ☐ Place pork on a platter. Cover with foil; let stand for 15 minutes. Thinly slice.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:6.09, Inflammation Score:-6, Nutrition Score:13.236521736435%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 203.47kcal (10.17%), Fat: 4.9g (7.55%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.12g (4.05%), Sugar: 9.59g (10.66%), Cholesterol: 71.44mg (23.81%), Sodium: 4782.6mg (207.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.81g (51.62%), Selenium: 31.86µg (45.52%), Vitamin B6: 0.89mg (44.74%), Vitamin B1: 0.52mg (34.37%), Vitamin B3: 6.61mg (33.07%), Phosphorus: 265.47mg (26.55%), Zinc: 2.17mg (14.45%), Potassium: 469.85mg (13.42%), Vitamin B2: 0.22mg (13.16%), Iron: 2.01mg (11.16%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.15mg (9.54%), Vitamin B5: 0.88mg (8.75%), Fiber: 2.18g (8.72%), Manganese: 0.16mg (7.99%), Copper: 0.12mg (6.16%), Vitamin K: 4.3µg (4.09%), Calcium: 38.75mg (3.88%), Vitamin C: 2.52mg (3.05%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.31mg (2.04%)