



Cider-Roasted Pork Loin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 3 cups apple cider
- ☐ 1 bay leaves
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 2 pound pork loin boneless trimmed
- ☐ 1 tablespoon coriander seeds
- ☐ 1.5 teaspoons rosemary leaves fresh chopped

- ☐ 1.5 teaspoons sage fresh chopped
- ☐ 0.3 cup kosher salt
- ☐ 3 cups water

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine the first 6 ingredients in a saucepan; bring to a boil, stirring until salt dissolves.
- ☐ Remove from heat; cool.
- ☐ Pour brine into a 2-gallon zip-top plastic bag.
- ☐ Add pork; seal. Refrigerate 8 hours or overnight, turning bag occasionally.
- ☐ Preheat oven to 35
- ☐ Bring 2 cups cider to a boil in a small saucepan over medium-high heat. Cook until cider has thickened and reduced to 1/4 cup (about 15 minutes). Set aside.
- ☐ Remove pork from bag; discard brine.
- ☐ Place pork on rack of a broiler pan coated with cooking spray. Lightly coat pork with cooking spray.
- ☐ Combine rosemary, sage, and black pepper; sprinkle evenly over pork.
- ☐ Bake at 350 for 1 hour or until thermometer registers 155, basting twice with cider reduction during final 20 minutes of cooking.
- ☐ Remove from oven; baste with remaining cider reduction.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



 **PROTEIN 46.97%**  **FAT 20.38%**  **CARBS 32.65%**

Properties

Glycemic Index:18.19, Glycemic Load:6.83, Inflammation Score:-2, Nutrition Score:15.769130422693%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 223.22kcal (11.16%), Fat: 4.97g (7.65%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.99g (6.18%), Sugar: 14.2g (15.78%), Cholesterol: 71.44mg (23.81%), Sodium: 3603.07mg (156.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.53%), Copper: 1.26mg (63.02%), Selenium: 31.79µg (45.42%), Vitamin B6: 0.89mg (44.34%), Vitamin B1: 0.54mg (35.82%), Vitamin B3: 6.65mg (33.25%), Phosphorus: 270.22mg (27.02%), Potassium: 600.55mg (17.16%), Manganese: 0.34mg (17%), Zinc: 2.14mg (14.27%), Vitamin B2: 0.24mg (14.22%), Magnesium: 42.76mg (10.69%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.94mg (9.35%), Iron: 1.09mg (6.08%), Fiber: 0.91g (3.66%), Calcium: 35.05mg (3.51%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.1µg (2%), Vitamin C: 1.47mg (1.78%), Vitamin E: 0.18mg (1.17%)