



Glazed Pork Loin with Cilantro and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups all-natural apricot nectar
- ☐ 0.5 cup apricot preserves
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 2 tablespoons chili powder
- ☐ 0.8 teaspoon ground mustard dry
- ☐ 3 tablespoons flat parsley finely chopped
- ☐ 10 servings fleur del sel
- ☐ 1 garlic clove grated peeled halved

- ☐ 10 garlic clove grated peeled halved
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper fresh black
- ☐ 10 servings pepper fresh black finely
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.3 teaspoon old bay seasoning
- ☐ 6.5 pound pork loin
- ☐ 1 teaspoon pepper red hot crushed
- ☐ 1 tablespoon paprika sweet
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Place the pepper flakes in a small bowl and pour the boiling water over them.
- ☐ Let sit for 1 to 2 minutes to rehydrate the flakes.

- ☐ Combine all the brine ingredients in a blender, or in a large bowl using an immersion/stick blender. Stir in the pepper flakes and the soaking water.
- ☐ Place the loin in an extra-large resealable plastic bag, pour the brine over the top, squeeze out any excess air from the bag, and close.
- ☐ Roll the bag to evenly coat the meat. Refrigerate for at least 6 hours, or up to 1
- ☐ Preheat an indirect barbecue with a drip pan and fruitwood (preferably apple), a ceramic cooker with deflector plate and fruitwood (preferably apple), or a charcoal or gas grill with a box or packet of fruitwood (preferably apple) to 250°F.
- ☐ Combine all of the seasoning blend ingredients.
- ☐ Place all of the glaze ingredients in a jar with a tight-fitting lid and shake to combine. Set aside.
- ☐ Remove the loin from the brine and lightly pat dry with paper towels.
- ☐ Sprinkle the rub evenly on all sides.
- ☐ Using your hands or a brush, evenly, but lightly, coat the loin with canola oil.
- ☐ Insert a remove thermometer into the center of the meat.
- ☐ Place the loin in the cooker and cook until the internal temperature reaches 135°F, about 1 hour and 15 minutes.
- ☐ Give the glaze a quick shake to reincorporate any ingredients that may have settled.
- ☐ Brush the loin with the glaze and return to the cooker until the internal temperature reaches 145°F, about 15 minutes. At this point the meat will be slightly pink in the center; cook for an additional 5 to 10 minutes for more well-done.
- ☐ Pour about half of the remaining glaze on a cutting board and top with the loin.
- ☐ Let rest for 10 minutes.
- ☐ Slice the meat into 1/4-inch slices. Dredge the slices in the glaze, adding additional as needed to coat the exposed sides.
- ☐ Sprinkle with fleur de sel and pepper.
- ☐ This dish is a crowd pleaser, so I'll double it and have two for a party.

Nutrition Facts



 **PROTEIN 51.41%**  **FAT 26.7%**  **CARBS 21.89%**

Properties

Glycemic Index:27.81, Glycemic Load:7.36, Inflammation Score:-8, Nutrition Score:33.51565199313%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 527.78kcal (26.39%), Fat: 15.43g (23.74%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.29g (9.92%), Sugar: 23.02g (25.58%), Cholesterol: 185.75mg (61.92%), Sodium: 613.79mg (26.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.86g (133.72%), Selenium: 83.2µg (118.85%), Vitamin B6: 2.35mg (117.27%), Vitamin B1: 1.35mg (90.21%), Vitamin B3: 17.35mg (86.77%), Phosphorus: 681.87mg (68.19%), Zinc: 5.51mg (36.75%), Potassium: 1226.9mg (35.05%), Vitamin B2: 0.6mg (35.01%), Vitamin A: 1668.52IU (33.37%), Vitamin K: 28.71µg (27.34%), Vitamin B12: 1.5µg (25.06%), Vitamin C: 19.49mg (23.62%), Vitamin B5: 2.32mg (23.15%), Magnesium: 87.08mg (21.77%), Iron: 2.4mg (13.35%), Copper: 0.24mg (12.12%), Vitamin E: 1.75mg (11.64%), Manganese: 0.19mg (9.49%), Vitamin D: 1.18µg (7.86%), Fiber: 1.18g (4.71%), Calcium: 43.41mg (4.34%), Folate: 4.22µg (1.06%)