



Grilled Apple Butter Pork Loin

 Gluten Free

READY IN



360 min.

SERVINGS



4

CALORIES



1297 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup spiced apple butter plus more for serving
- 2 quarts apple cider divided
- 1 bay leaves
- 4 servings pepper black freshly ground
- 1 tablespoon peppercorns whole black
- 1 pork loin boneless
- 0.3 cup t brown sugar dark packed
- 4 servings canned tomatoes

- 4 cloves garlic smashed
- 4 servings disposable grill pan
- 4 servings kosher salt
- 1 small onion quartered
- 1 cranberry-orange relish quartered
- 1 tablespoon vegetable oil
- 1 tablespoon allspice whole

Equipment

- paper towels
- sauce pan
- grill
- kitchen thermometer

Directions

- To make the brine, place 1 quart apple cider, 1/3 cup salt, brown sugar, onion, cloves, allspice, garlic, bay leaf, peppercorn in a medium saucepan. Squeeze orange quarters into brine and drop in peel. Bring to a boil over medium-high heat and boil for 1 minutes, stirring to dissolve salt and sugar.
- Pour brine into a large container, add remaining 1 quart of apple cider, and place in refrigerator until chilled completely. Submerge pork loin completely in brine and set back in refrigerator for 3-4 hours.
- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. While fire is lighting, remove pork from brine and pat dry with paper towels.
- Brush lightly with vegetable oil and season with salt and pepper to taste. Sear pork over hot side of grill until browned on all sides, about 4-5 minutes per side.
- Move pork to cool side of the grill and spread with apple butter all over. Cover grill and cook until an instant read thermometer reads 140 degrees when inserted into the thickest part of the pork loin, 15 to 30 minutes longer.
- Remove from grill, let stand for 15 minutes; slice and serve with additional apple butter.

Nutrition Facts

PROTEIN 41.11% FAT 24.09% CARBS 34.8%

Properties

Glycemic Index:54.81, Glycemic Load:23.81, Inflammation Score:-7, Nutrition Score:47.267391432887%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg, Epicatechin: 22.29mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 1296.5kcal (64.82%), Fat: 34.2g (52.61%), Saturated Fat: 12.7g (79.4%), Carbohydrates: 111.14g (37.05%), Net Carbohydrates: 106.91g (38.88%), Sugar: 92.21g (102.46%), Cholesterol: 345.71mg (115.24%), Sodium: 861.94mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 131.31g (262.63%), Selenium: 153.83µg (219.76%), Vitamin B6: 4.35mg (217.57%), Vitamin B1: 2.58mg (172.25%), Vitamin B3: 32.16mg (160.79%), Phosphorus: 1294.55mg (129.45%), Potassium: 2768.63mg (79.1%), Zinc: 10.16mg (67.72%), Vitamin B2: 1.15mg (67.47%), Manganese: 1.09mg (54.45%), Vitamin B12: 2.8µg (46.64%), Magnesium: 183.42mg (45.86%), Vitamin B5: 4.54mg (45.36%), Calcium: 436.65mg (43.66%), Vitamin C: 25.05mg (30.37%), Copper: 0.52mg (25.76%), Iron: 4.39mg (24.42%), Fiber: 4.23g (16.92%), Vitamin D: 2.19µg (14.63%), Vitamin K: 11.26µg (10.73%), Vitamin E: 1.17mg (7.77%), Folate: 15.25µg (3.81%), Vitamin A: 123.77IU (2.48%)