



Lemon Pepper Pork Loin Sandwiches with Peach Aioli

 Dairy Free

READY IN



200 min.

SERVINGS



12

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves finely chopped for garnish
- 5 to 6 garlic cloves
- 3 tablespoons grapeseed oil
- 2 lemons
- 2 limes
- 0.5 cup mayonnaise
- 2 large peaches fresh canned ripe peeled drained sliced

- 4 pound pork loin
- 0.5 cup irvine spices roasted garlic pepper seasoning as needed for rub
- 12 servings salt and pepper white freshly ground
- 12 crusted round rolls crispy

Equipment

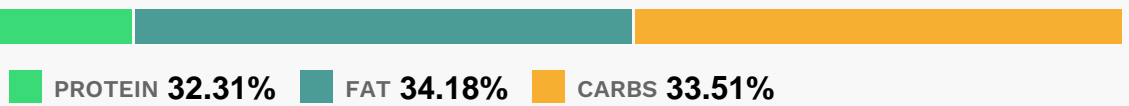
- food processor
- bowl
- frying pan
- oven
- blender
- grill
- aluminum foil
- microwave

Directions

- Early in the day prepare the pork loin and marinade. Rinse pork loin to remove any unwanted smells and pat dry with paper toweling.
- Remove pork to a nonreactive container.
- Place the limes and lemons in a small microwave-safe bowl and microwave until the essential oils in the skin are released. Since these will be hot coming from the microwave, you will need to set them aside briefly, until they cool just enough to handle. Blend the garlic cloves and the garlic pepper seasoning in a blender, then while the blender is still running, squeeze the juice of the limes and lemons through the feed tube to make a paste. With the blender still running, add the oil in a thin stream. Rub the paste into the pork, cover and leave refrigerated for 2 hours.
- Preheat oven to 350 degrees F. In a large saute pan with an oven safe handle, heat the oil and sear the pork loin on all sides. Roast covered in oven until fork tender, at least 45 minutes.
- Transfer pork to a utility platter and let rest in a warm place before slicing.
- The pork can also be cooked on the grill.

- Heat grill to medium-high heat. Wrap pork in a foil pouch in which you have shaken 1 tablespoon flour, and cook over indirect heat (on the side of the grill opposite the direct heat source) for about 1 hour 45 minutes to 2 hours.
- Let pork rest before slicing.
- While the pork is cooking, prepare the aioli.
- Add peaches, mayonnaise, and cilantro to a food processor and blend until smooth. Season with salt and white pepper, to taste.
- Lay slices of pork loin on rolls and spoon peach aioli over.
- Garnish with cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:30.56, Glycemic Load:25.21, Inflammation Score:-4, Nutrition Score:22.095217502635%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 504.29kcal (25.21%), Fat: 19.05g (29.31%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 39.04g (14.2%), Sugar: 7.54g (8.38%), Cholesterol: 99.17mg (33.06%), Sodium: 431.55mg (18.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.06%), Iron: 12.17mg (67.58%), Vitamin B6: 1.26mg (62.83%), Selenium: 43.87µg (62.67%), Vitamin B1: 0.7mg (46.84%), Vitamin B3: 9.02mg (45.08%), Phosphorus: 367.6mg (36.76%), Vitamin C: 16.58mg (20.1%), Zinc: 2.93mg (19.53%), Potassium: 668.7mg (19.11%), Vitamin B2: 0.31mg (18.21%), Vitamin K: 16.48µg (15.69%), Vitamin B12: 0.78µg (13.04%), Vitamin B5: 1.29mg (12.87%), Fiber: 2.99g (11.96%), Vitamin E: 1.78mg (11.88%), Manganese: 0.24mg (11.86%), Magnesium: 47.39mg (11.85%), Copper: 0.17mg (8.26%), Calcium: 42.09mg (4.21%), Vitamin D: 0.62µg (4.16%), Vitamin A: 115.81IU (2.32%), Folate:

5.54µg (1.38%)