



Maple-Cured Canadian Bacon



Gluten Free



Dairy Free

READY IN



7200 min.

SERVINGS



3

CALORIES



1197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 4 pounds pork loin boneless trimmed
- ☐ 3 servings canned tomatoes
- ☐ 3 medium cloves garlic smashed
- ☐ 3 servings mayonnaise
- ☐ 1 cup kosher salt
- ☐ 0.3 cup brown sugar light

- ☐ 1 cup maple syrup
- ☐ 2 teaspoons pink salt (aka InstaCure, Prague Powder)
- ☐ 1 gallon water divided
- ☐ 1 hickory wood chunks light such as apple or cherry

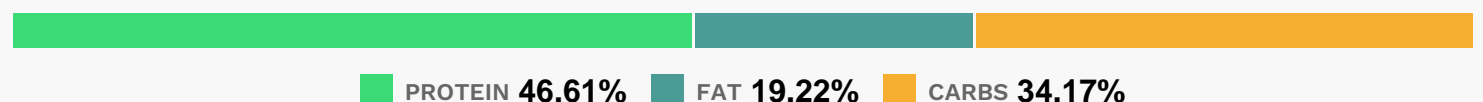
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ To make the cure, combine 1 quart of water, Kosher salt, maple syrup, brown sugar, pink salt, bay leaves, garlic, and peppercorns in a medium saucepan. Bring to a boil over high heat, stirring to dissolve salts and sugar. Boil for 1 minute, then remove from heat.
- ☐ Transfer to a large container and stir in remaining 3 quarts of water.
- ☐ Place in refrigerator until completely chilled. Fully submerge pork loin in cure and let sit in refrigerator for 3 to 5 days.
- ☐ Remove pork from cure and place in large container.
- ☐ Add enough fresh water to fully submerge loin.
- ☐ Let sit for 30 minutes, then remove pork from water and pat dry with paper towels.
- ☐ Fire up the smoker or grill to 225°F, adding chunks of smoking wood chunks when at temperature. When wood is ignited and producing smoke, place pork in and cook until an instant read thermometer registers 140 degrees when inserted into thickest part of the pork loin, about 2 to 3 hours.
- ☐ Let pork cool for 30 minutes. Slice and pan fry before before serving.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:27.09, Inflammation Score:-6, Nutrition Score:48.576521736124%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1197.32kcal (59.87%), Fat: 24.92g (38.34%), Saturated Fat: 7.63g (47.71%), Carbohydrates: 99.72g (33.24%), Net Carbohydrates: 98.78g (35.92%), Sugar: 88.14g (97.93%), Cholesterol: 381.18mg (127.06%), Sodium: 39661.73mg (1724.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 136.02g (272.05%), Selenium: 168.54µg (240.77%), Vitamin B6: 4.63mg (231.27%), Vitamin B1: 2.76mg (183.98%), Vitamin B3: 34.92mg (174.62%), Manganese: 3.11mg (155.74%), Vitamin B2: 2.5mg (147.33%), Phosphorus: 1372.28mg (137.23%), Zinc: 11.95mg (79.69%), Potassium: 2601.38mg (74.33%), Vitamin B12: 3.08µg (51.41%), Magnesium: 202.38mg (50.6%), Vitamin B5: 4.6mg (46.03%), Copper: 0.65mg (32.46%), Calcium: 251.8mg (25.18%), Iron: 4.33mg (24.07%), Vitamin D: 2.42µg (16.13%), Vitamin K: 6.04µg (5.76%), Vitamin E: 0.85mg (5.63%), Fiber: 0.95g (3.8%), Vitamin C: 1.03mg (1.24%)