



Peanut Smoked Pork Loin with Peanut Butter BBQ Sauce and Carrot and Pickled Onion Salad

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons ancho chili powder
- 0.8 cup apple cider vinegar
- 2 cups apple cider vinegar
- 4 tablespoons barbecue sauce prepared
- 8 servings pepper black freshly ground
- 3 ounces bourbon

- 3 carrots julienned peeled
- 2 tablespoons dijon mustard
- 3 tablespoons parsley leaves fresh chopped
- 2 cups catsup
- 3 tablespoons kosher salt plus more for seasoning
- 8 servings kosher salt and pepper black freshly ground
- 1 orange zest juiced
- 2 cups peanut shells
- 0.8 cup peanut butter
- 2 tablespoons vegetable oil; peanut oil preferred
- 2 pork loins trimmed
- 1 small onion red sliced thin
- 3 tablespoons roasted peanuts chopped
- 8 servings steak seasoning (recommended: Montreal)
- 3 tablespoons sugar
- 0.3 cup tomato paste

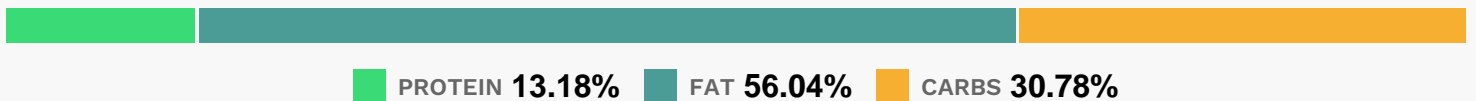
Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan
- roasting pan
- grill
- kitchen thermometer
- cutting board

Directions

- Special equipment: grill-top smoker.
- Preheat the grill. Soak the peanut shells in water for 45 minutes.
- Season the pork well with salt, pepper, and steak seasoning. Smoke the pork on the grill for 45 minutes.
- Preheat the oven to 400 degrees F.
- Transfer the pork to a roasting pan, drain the peanuts and add them to the pan. Roast the pork in the oven until it reaches 135 degrees F on an instant-read thermometer, about 20 to 30 minutes.
- Remove from the oven to a cutting board.
- Combine all the sauce ingredients in a large saucepot and bring it to a simmer over low heat.
- Let simmer for at least 1 hour. Taste and season with salt and pepper, if needed.
- Slice the pork and arrange it on a serving platter. Spoon the warm BBQ sauce over the top and serve with the Carrot and Pickled Onion Salad.
- Put the red onions in a shallow baking pan. In a saucepan, add the vinegar, sugar, and salt and bring to a boil over medium heat.
- Pour the hot liquid over the onions and cover immediately.
- Let sit covered for at least 1 hour. Strain the onions and reserve.
- To assemble the salad: In a medium-sized serving bowl, combine the carrots, parsley, peanuts, orange zest and juice, peanut oil and pickled onions and toss to combine well. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:53.24, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:28.86478256661%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 601.43kcal (30.07%), Fat: 37.87g (58.26%), Saturated Fat: 6.72g (42%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 38.54g (14.02%), Sugar: 26.13g (29.03%), Cholesterol: 3.96mg (1.32%), Sodium: 3725.21mg (161.97%), Alcohol: 3.55g (100%), Alcohol %: 1.48% (100%), Protein: 20.04g (40.07%), Vitamin A: 5649.47IU (112.99%), Manganese: 1.91mg (95.54%), Vitamin B3: 11.45mg (57.25%), Vitamin K: 51.38µg (48.94%), Vitamin E: 5.79mg (38.58%), Magnesium: 143.88mg (35.97%), Fiber: 8.25g (33%), Phosphorus: 311.5mg (31.15%), Potassium: 1002.01mg (28.63%), Copper: 0.55mg (27.5%), Vitamin B6: 0.52mg (25.8%), Folate: 92.21µg (23.05%), Iron: 3.77mg (20.93%), Vitamin B1: 0.26mg (17.5%), Vitamin B2: 0.28mg (16.22%), Zinc: 2.11mg (14.08%), Vitamin C: 11.03mg (13.37%), Calcium: 126.69mg (12.67%), Selenium: 8.8µg (12.57%), Vitamin B5: 1.05mg (10.5%)