



Pork Loin Sandwich

READY IN



430 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 teaspoons peppercorns whole black
- ☐ 2.5 pound pork loin boneless with butcher twine
- ☐ 4 servings butter for toasting
- ☐ 4 ounces fresno peppers sliced
- ☐ 1 clove garlic crushed
- ☐ 4 pretzel hot dog buns split
- ☐ 0.8 cup kosher salt
- ☐ 3 lemons halved

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup citrus champagne vinegar
- ☐ 0.3 cup mustard yellow plus more for spreading
- ☐ 3 onions yellow sliced

Equipment

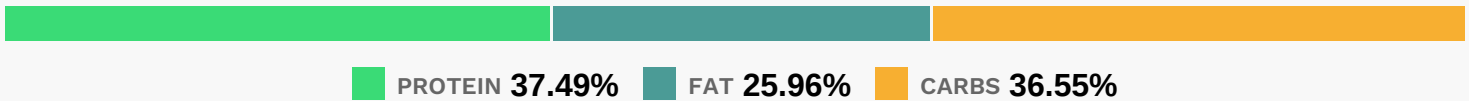
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, dissolve the salt and sugar in 8 cups of cold water.
- ☐ Add the black peppercorns and squeeze in 2 of the halved lemons. Submerge the pork in the brine for 6 hours.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Remove the pork from the brine and dry off.
- ☐ Heat a large oven-safe skillet (preferably cast iron) over medium-high heat.
- ☐ Add the oil and sear each side of the loin until golden, about 8 minutes total -- keep turning until it's golden all over.
- ☐ Add the sliced onions to the pan alongside the pork, and stir around to coat the onions in fat.
- ☐ Transfer the skillet to the oven and roast the pork until it reaches an internal temperature of 140 to 145 degrees F, about 30 minutes. For even cooking, be sure to stir the onions once or twice during roasting.

- ☐
- For the sandwich build: Butter the pretzel bun halves and griddle them until golden brown. With a sharp knife, slice the loin into thin shavings.
- ☐
- Spread some mustard on the bottom half of each bun, then top with some sliced pork.
- ☐
- Sprinkle the pork with a little salt and squeeze the remaining lemon halves over the top. Top with the roasted onions and some Pickled Fresno Peppers. Eat while standing.
- ☐
- Bring the vinegar, 1/4 cup water, the sugar, salt, bay leaf and garlic to a boil in a small saucepan and simmer for 5 minutes.
- ☐
- Pour the hot liquid over the peppers in a bowl or container. Cool to room temperature and refrigerate.

Nutrition Facts



Properties

Glycemic Index:107.67, Glycemic Load:36.05, Inflammation Score:-8, Nutrition Score:42.0999999904633%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 19.12mg, Quercetin: 19.12mg, Quercetin: 19.12mg, Quercetin: 19.12mg

Nutrients (% of daily need)

Calories: 755.93kcal (37.8%), Fat: 21.75g (33.46%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 68.9g (22.97%), Net Carbohydrates: 62.42g (22.7%), Sugar: 37.97g (42.19%), Cholesterol: 189.35mg (63.12%), Sodium: 22654.47mg (984.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.68g (141.37%), Selenium: 96.72µg (138.17%), Vitamin B6: 2.48mg (123.84%), Vitamin B1: 1.6mg (106.79%), Vitamin C: 83.74mg (101.51%), Vitamin B3: 18.72mg (93.62%), Phosphorus: 751.29mg (75.13%), Vitamin B2: 0.74mg (43.34%), Potassium: 1494.18mg (42.69%), Manganese: 0.85mg (42.59%), Zinc: 5.85mg (39.03%), Magnesium: 116.38mg (29.09%), Fiber: 6.48g (25.91%), Vitamin B12: 1.54µg (25.66%), Iron: 4.61mg (25.6%), Vitamin B5: 2.54mg (25.44%), Folate: 73.87µg (18.47%), Copper: 0.35mg (17.63%), Vitamin K: 18.06µg (17.2%), Calcium: 157.78mg (15.78%), Vitamin E: 2.11mg (14.06%), Vitamin A: 475.15IU (9.5%), Vitamin D: 1.13µg (7.56%)