



Roast Pork Loin with Fennel Salad



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



30

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon allspice
- ☐ 4 bay leaves
- ☐ 1 tablespoon peppercorns black
- ☐ 1 tablespoon coriander seeds
- ☐ 2 large fennel bulbs cored very thinly sliced
- ☐ 1 tablespoon fennel seeds whole
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juniper berries

- ☐ 1 cup kosher salt
- ☐ 0.5 cup brown sugar light
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 7 pounds pork loin roast bone-in
- ☐ 1 large grapefruit red
- ☐ 1 small onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 30 servings salt and pepper freshly ground
- ☐ 1 tablespoon star anise pods
- ☐ 1 gallon water

Equipment

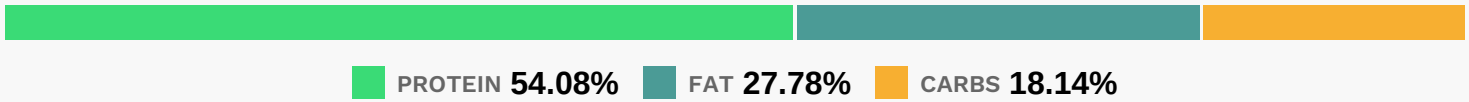
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ In a large pot, toast all of the spices over moderately high heat until fragrant, about 1 minute.
- ☐ Add the water, salt, brown sugar and bay leaves and bring to a boil, stirring to dissolve the salt and sugar.
- ☐ Pour the brine into a large roasting pan and let cool to room temperature.
- ☐ Put the pork roast in the brine, meaty side down. Cover the roasting pan and refrigerate overnight. Bring the pork roast to room temperature in the brine before roasting.
- ☐ Preheat the oven to 35

- ☐ Set the pork roast on a large rimmed baking sheet, meaty side up. Roast the pork in the upper third of the oven for about 1 hour and 15 minutes, until an instant-read thermometer inserted in the thickest part registers 14
- ☐ Transfer the roast to a carving board; let rest for 15 minutes.
- ☐ Using a small, sharp knife, peel the red grapefruit, removing all of the bitter white pith. Working over a large bowl, cut in between the membranes, releasing the grapefruit sections into the bowl.
- ☐ In a small bowl, combine the orange juice, red wine vinegar, olive oil and honey; season the dressing with salt and pepper.
- ☐ Add the sliced fennel and red onion to the grapefruit sections in the large bowl.
- ☐ Carve the pork roast into chops and transfer to plates. Toss the fennel salad with the dressing, mound the salad alongside the chops and serve.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:1.14, Inflammation Score:-3, Nutrition Score:12.883913014246%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg, Naringenin: 3.67mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 182.22kcal (9.11%), Fat: 5.54g (8.52%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.04g (2.56%), Sugar: 5.9g (6.55%), Cholesterol: 66.68mg (22.23%), Sodium: 4034.41mg (175.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.25g (48.5%), Selenium: 29.61µg (42.3%), Vitamin B6: 0.83mg (41.27%), Vitamin B1: 0.48mg (32.19%), Vitamin B3: 6.26mg (31.32%), Phosphorus: 254.38mg (25.44%), Potassium: 512.32mg (14.64%), Zinc: 2.03mg (13.51%), Vitamin B2: 0.21mg (12.46%), Vitamin K: 10.92µg (10.4%), Magnesium: 36.65mg (9.16%), Vitamin B12: 0.54µg (9%), Vitamin C: 7.26mg (8.8%), Vitamin B5: 0.88mg (8.77%), Manganese: 0.14mg (6.83%), Iron: 1.08mg (6.02%), Copper: 0.12mg (5.86%), Fiber: 1.09g (4.36%), Calcium: 35.85mg (3.58%), Vitamin A: 159.49IU (3.19%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.38mg (2.55%), Folate: 7.44µg (1.86%)