



Roast Pork Loin with Pickled Caramelized Guavas

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup beef broth ()
- 15 peppercorns whole black
- 6 tablespoons butter
- 1.5 cups wine dry white
- 9 garlic clove peeled
- 3 tablespoons brown sugar
- 1 teaspoon ground cumin

- 1 teaspoon pepper black
- 3 pounds guava fresh peeled seeded cut into 1/2-inch pieces
- 0.3 cup orange juice sour
- 1.5 teaspoons oregano dried
- 5.5 pound pork loin bone-in
- 1.5 teaspoons salt
- 6 tablespoons sherry vinegar
- 3 tablespoons sugar

Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags
- mortar and pestle

Directions

- Bring all ingredients to boil in heavy large saucepan. Reduce heat to medium-low; simmer until almost all liquid evaporates, stirring often, about 30 minutes.(Can be made 2 days ahead. Cover; chill.)
- Serve warm or at room temperature.
- Place first 5 ingredients in mortar; mash into paste with pestle. Stir in 1/3 cup broth and juice.
- Transfer marinade to large resealable plastic bag.
- Add pork and seal. Refrigerate 12 to 14 hours, turning occasionally.
- Preheat oven to 350°F.
- Transfer pork and marinade to large roasting pan. Roast until thermometer inserted into center registers 145°F, basting occasionally with pan juices and adding more broth by 1/4 cupfuls if dry, about 1 hour 45 minutes.

Transfer pork to platter; let stand 20 minutes before serving. Slice pork and serve with juices and guavas alongside.

Nutrition Facts

PROTEIN 45.77% **FAT 31.59%** **CARBS 22.64%**

Properties

Glycemic Index:44.51, Glycemic Load:13.95, Inflammation Score:-10, Nutrition Score:43.505652116693%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 688.29kcal (34.41%), Fat: 22.95g (35.3%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 27.44g (9.98%), Sugar: 25.18g (27.97%), Cholesterol: 219.04mg (73.01%), Sodium: 702.66mg (30.55%), Alcohol: 4.64g (100%), Alcohol %: 1.01% (100%), Protein: 74.8g (149.59%), Vitamin C: 392.83mg (476.16%), Vitamin B6: 2.62mg (130.92%), Selenium: 88.24µg (126.06%), Vitamin B1: 1.51mg (100.99%), Vitamin B3: 19.98mg (99.88%), Phosphorus: 791.66mg (79.17%), Potassium: 1970.07mg (56.29%), Zinc: 6.14mg (40.96%), Vitamin B2: 0.67mg (39.65%), Fiber: 9.57g (38.27%), Magnesium: 128.65mg (32.16%), Vitamin B5: 3.17mg (31.75%), Copper: 0.6mg (30.08%), Vitamin A: 1351.55IU (27.03%), Vitamin B12: 1.62µg (26.92%), Manganese: 0.48mg (24.02%), Folate: 87.77µg (21.94%), Iron: 2.77mg (15.41%), Vitamin E: 1.98mg (13.19%), Vitamin D: 1.25µg (8.32%), Vitamin K: 8.46µg (8.06%), Calcium: 75.32mg (7.53%)