



Roasted Cider-Brined Pork Loin with Green Tomato Chutney



Gluten Free



Dairy Free

READY IN



1170 min.

SERVINGS



10

CALORIES



386 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 quarts apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 teaspoon ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup golden raisins
- ☐ 1 cup granulated sugar

- ☐ 1 pound tomatoes diced green
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup kosher salt
- ☐ 2.5 pound pork loin trimmed
- ☐ 0.3 cup onion diced red
- ☐ 2 quarts water divided

Equipment

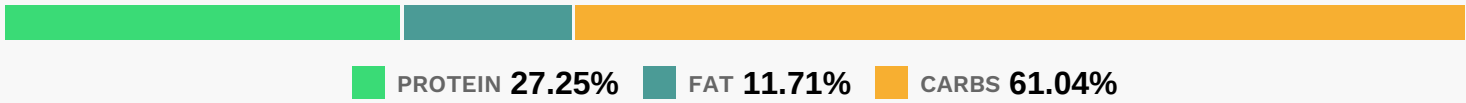
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Combine 1 quart water, granulated sugar, and 1/2 cup salt in a large stockpot; bring to a boil, stirring until sugar and salt dissolve.
- ☐ Add remaining 1 quart water and cider; cool to room temperature.
- ☐ Add pork; refrigerate 12 to 18 hours, turning occasionally.
- ☐ Preheat oven to 37
- ☐ Remove pork from brine; pat dry with paper towels.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 375 for 55 minutes or until a thermometer inserted into thickest part of pork registers 14
- ☐ Remove pork from pan; let stand 15 minutes.

- ☐
- Cut crosswise into thin slices.
- ☐
- Combine brown sugar and remaining ingredients in a medium saucepan over medium heat; bring to a boil. Reduce heat to low; cook 1 hour and 45 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:31.65, Glycemic Load:24.81, Inflammation Score:-5, Nutrition Score:15.5899999960816%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg, Epicatechin: 8.91mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 385.98kcal (19.3%), Fat: 5.05g (7.76%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 59.19g (19.73%), Net Carbohydrates: 57.97g (21.08%), Sugar: 53.79g (59.76%), Cholesterol: 71.44mg (23.81%), Sodium: 5770.88mg (250.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Vitamin B6: 0.96mg (48.25%), Selenium: 32.24µg (46.05%), Vitamin B1: 0.57mg (38.26%), Vitamin B3: 6.96mg (34.82%), Phosphorus: 290.73mg (29.07%), Potassium: 778.72mg (22.25%), Vitamin B2: 0.28mg (16.37%), Vitamin C: 13.16mg (15.96%), Zinc: 2.19mg (14.6%), Manganese: 0.28mg (14.05%), Magnesium: 49.51mg (12.38%), Vitamin B5: 1.2mg (11.97%), Copper: 0.19mg (9.7%), Vitamin B12: 0.58µg (9.64%), Iron: 1.34mg (7.46%), Vitamin A: 314.23IU (6.28%), Calcium: 51.63mg (5.16%), Fiber: 1.22g (4.89%), Vitamin K: 4.84µg (4.61%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.36mg (2.42%), Folate: 5.45µg (1.36%)