



Roasted Pork Loin with Pineapple Glaze

 Gluten Free  Dairy Free

READY IN



840 min.

SERVINGS



4

CALORIES



933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon peppercorns black
- 1 tablespoon coriander seeds
- 0.3 cup cooking wine dry white
- 2 teaspoons rosemary leaves fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 2 cloves garlic minced
- 0.5 cup kosher salt
- 0.5 cup brown sugar light packed

- 1 tablespoon olive oil
- 2 tablespoons olive oil divided
- 1 pound pearl onions peeled
- 0.5 teaspoon pepper freshly ground
- 1 cup pineapple juice
- 3.5 pound center-cut pork loin boneless
- 1 cup prune- cut to pieces dried halved
- 1 tablespoon salt
- 4 servings salt and pepper black freshly ground
- 2 cups warm water
- 6 cups water cold

Equipment

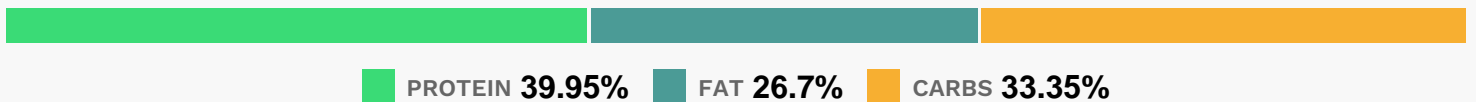
- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- cutting board
- glass baking pan

Directions

- Combine the salt, brown sugar, peppercorns, coriander seeds, and 2 cups warm water in a large bowl. Stir until the salt dissolves.
- Add 6 cups cold water.
- Add the pork, cover, and refrigerate overnight (the pork should be submerged in the liquid).
- Preheat the oven to 400 degrees F.
- Mix the garlic, olive oil, salt, pepper, thyme, and rosemary in a small bowl.

- Remove the pork from the brine and pat it dry (discard the brine).
- Spread the herb mixture over the pork loin, making sure you coat all sides of the loin.
- Heat the olive oil in a medium, heavy saute pan over high heat.
- Add the pork and sear until browned, 4 minutes. Carefully turn the pork over and sear until browned, another 4 minutes. Meanwhile, add the prunes and pearl onions to a 10 by 7 by 2-inch glass baking dish, creating a bed for the loin.
- Transfer the seared pork loin to the baking dish (making sure the loin fits in the baking dish, leaving a 1-inch border on every side).
- Add the wine to the same saute pan used to sear the pork and cook, scraping the bottom of the pan to remove the browned bits, until almost evaporated, about 1 minute. Stir in the pineapple juice and remove from the heat. Season with salt and pepper.
- Pour the mixture over the pork. Season the prunes and onions with salt and pepper.
- Place the pork in the oven and roast until a thermometer inserted into the center registers 160 degrees F, about 1 hour, basting with the pan juices every 20 minutes.
- Transfer the pork to a cutting board, tent with foil, and let it stand for 10 minutes. Slice the pork into 1/4 to 1/2-inch thick slices and arrange on a platter. Top the pork slices with the pearl onions, prunes, and sauce.
- Cook's Note: In place of a 3 1/2-pound pork loin, you can use 2 (1 1/4-pound) pork tenderloins. The total cooking time will be about 1 hour.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:13.56, Inflammation Score:-9, Nutrition Score:44.37260864092%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg

5.68mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.84mg, Quercetin: 23.84mg, Quercetin: 23.84mg, Quercetin: 23.84mg

Nutrients (% of daily need)

Calories: 932.84kcal (46.64%), Fat: 27.31g (42.01%), Saturated Fat: 6.55g (40.95%), Carbohydrates: 76.74g (25.58%), Net Carbohydrates: 70.18g (25.52%), Sugar: 54.17g (60.19%), Cholesterol: 250.04mg (83.35%), Sodium: 16125.78mg (701.12%), Alcohol: 2.06g (100%), Alcohol %: 0.22% (100%), Protein: 91.92g (183.85%), Vitamin B6: 3.33mg (166.63%), Selenium: 111.77µg (159.67%), Vitamin B1: 1.88mg (125.16%), Vitamin B3: 24.01mg (120.04%), Phosphorus: 978.33mg (97.83%), Potassium: 2165.38mg (61.87%), Manganese: 1.11mg (55.67%), Zinc: 7.84mg (52.28%), Vitamin B2: 0.88mg (52.02%), Magnesium: 160.08mg (40.02%), Vitamin K: 37.6µg (35.81%), Vitamin B5: 3.41mg (34.12%), Vitamin B12: 2.02µg (33.74%), Copper: 0.6mg (29.97%), Fiber: 6.56g (26.23%), Iron: 4.1mg (22.76%), Vitamin C: 16.89mg (20.48%), Vitamin E: 2.28mg (15.2%), Calcium: 149.48mg (14.95%), Vitamin D: 1.59µg (10.58%), Folate: 35.41µg (8.85%), Vitamin A: 409.65IU (8.19%)