



## Rubbed Pork Loin with Apricot Glaze and Sauerkraut

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SEASONING

MARINADE

### Ingredients

- 0.5 cup apricot preserves divided
- 0.3 teaspoon pepper black freshly ground
- 2 pound pork loin boneless trimmed
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon olive oil
- 1 cup onion sliced

- 0.8 teaspoon salt
- 2 cups sauerkraut drained
- 2 teaspoons sugar
- 0.5 cup water

## Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

## Directions

- Preheat oven to 425
- Combine garlic powder, cumin, salt, and black pepper in a small bowl; rub spice mixture evenly over pork.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add pork to pan; cook 5 minutes, browning on all sides.
- Transfer pork to an 11 x 7 inch baking dish coated with cooking spray.
- Add onion and sugar to pan; saut 3 minutes or until onion is lightly browned.
- Add drained sauerkraut to pan; saut 1 minute. Arrange sauerkraut mixture around pork in baking dish.
- Brush pork with one third of apricot preserves.
- Pour 1/2 cup water over sauerkraut mixture.
- Bake at 425 for 15 minutes.
- Brush pork with one-third of apricot preserves; bake for 10 minutes.
- Brush pork with remaining apricot preserves; bake for 10 minutes or until a thermometer inserted in center of pork registers 160 (slightly pink).
- Remove from oven, and let stand 10 minutes before slicing.

Serve with onion mixture.

Beer note: While the German purity law may not permit fruit in beer, a German dish like this is enhanced by an apricot microbrew, like Dogfish Head's Aprihop (\$50 per 12-ounce bottle), released each spring. The apricot flavor in this pale ale is fresh but subtle, balanced with plenty of dry, hoppy bitterness to contrast the sweet apricot-glazed pork. Jeffery Lindenmuth

## Nutrition Facts

**PROTEIN 49.97%** **FAT 22.65%** **CARBS 27.38%**

### Properties

Glycemic Index:21.39, Glycemic Load:1.29, Inflammation Score:-3, Nutrition Score:13.561739136343%

### Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

### Nutrients (% of daily need)

Calories: 210.82kcal (10.54%), Fat: 5.27g (8.1%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.84g (4.67%), Sugar: 8.91g (9.9%), Cholesterol: 71.44mg (23.81%), Sodium: 516.37mg (22.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Vitamin B6: 0.94mg (46.84%), Selenium: 32.13µg (45.9%), Vitamin B1: 0.52mg (34.82%), Vitamin B3: 6.61mg (33.05%), Phosphorus: 271.39mg (27.14%), Potassium: 534.89mg (15.28%), Zinc: 2.18mg (14.52%), Vitamin B2: 0.23mg (13.54%), Vitamin C: 8.02mg (9.73%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.15mg (9.54%), Vitamin B5: 0.91mg (9.09%), Iron: 1.45mg (8.04%), Copper: 0.13mg (6.5%), Fiber: 1.49g (5.96%), Manganese: 0.11mg (5.69%), Vitamin K: 5.11µg (4.87%), Folate: 12.68µg (3.17%), Vitamin D: 0.45µg (3.02%), Calcium: 27.37mg (2.74%), Vitamin E: 0.3mg (2.03%)