



Slow-Roasted Pork Loin with Molasses and Balsamic Glaze



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



30

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 8 pounds bone pork loin roasts
- ☐ 2 cups chicken stock see homemade
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 cloves garlic thinly sliced
- ☐ 30 servings kosher salt
- ☐ 2 tablespoons powdered mustard

- ☐ 0.5 small onion coarsely chopped
- ☐ 2 sprigs rosemary
- ☐ 6 sprigs thyme leaves
- ☐ 1 cup unsulfured molasses

Equipment

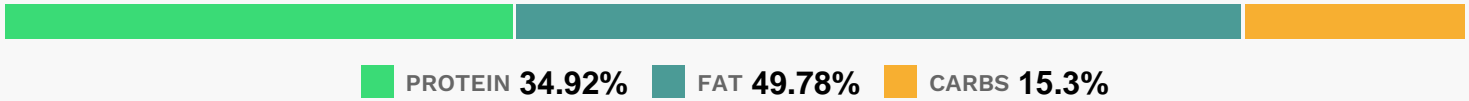
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ In a medium saucepan, combine the balsamic vinegar with the onion and 2 thyme sprigs and boil over moderately high heat until reduced to 1/3 cup, about 10 minutes.
- ☐ Transfer the mixture to a heatproof cup.
- ☐ Add the stock to the saucepan and boil over moderately high heat until reduced to 1 cup, about 10 minutes.
- ☐ Add the balsamic reduction and boil until the liquid is thickened and reduced to 2/3 cup, about 15 minutes.
- ☐ Strain the balsamic sauce.
- ☐ Transfer 1/4 cup of the sauce to a small bowl and reserve. Return the rest to the saucepan and stir in the molasses, mustard and crushed red pepper; let the glaze cool.
- ☐ Place the pork roasts on a large rimmed baking sheet and season generously with salt. Coat the roasts with the glaze and let stand for 30 minutes, brushing occasionally (the glaze will slide off the meat).

- ☐ Preheat the oven to 30
- ☐ Set a rack in a large roasting pan.
- ☐ Transfer the roasts to the rack, allowing the glaze to drip back onto the sheet. Top the roasts with the remaining 4 sprigs of thyme and the garlic and rosemary; season with salt.
- ☐ Add 1/2 inch of water to the roasting pan and roast the pork for about 2 1/2 hours, until it is richly glazed and an instant-read thermometer inserted in the thickest part of the roasts registers 14
- ☐ Add water to the pan as it dries out and baste the meat with the pan juices from time to time during roasting.
- ☐ Transfer the roasts to a cutting board and cover loosely with foil.
- ☐ Let rest for 20 minutes. Carve the roasts into chops and arrange on a platter.
- ☐ Drizzle with the reserved balsamic sauce and serve.

Nutrition Facts



Properties

Glycemic Index:9.93, Glycemic Load:4.47, Inflammation Score:-4, Nutrition Score:15.13043489048%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 286.96kcal (14.35%), Fat: 15.46g (23.79%), Saturated Fat: 5.33g (33.33%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 10.59g (3.85%), Sugar: 9.98g (11.09%), Cholesterol: 76.68mg (25.56%), Sodium: 294.64mg (12.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.4g (48.81%), Vitamin B1: 1.1mg (73.54%), Selenium: 42.89µg (61.27%), Vitamin B6: 0.66mg (33.08%), Vitamin B3: 5.91mg (29.56%), Phosphorus: 249.7mg (24.97%), Vitamin B2: 0.32mg (18.6%), Potassium: 626.59mg (17.9%), Zinc: 2.18mg (14.55%), Magnesium: 55.26mg (13.81%), Vitamin B12: 0.64µg (10.68%), Manganese: 0.21mg (10.48%), Vitamin B5: 0.97mg (9.71%), Iron: 1.64mg (9.13%), Copper: 0.14mg (6.83%), Calcium: 49.91mg (4.99%), Vitamin D: 0.6µg (4.03%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.23mg (1.5%)