



## Triple S Grilled Pork Loin Roast

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

READY IN



120 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 apples diced peeled finely
- 2 tablespoons brown sugar
- 0.5 teaspoon celery salt
- 1 teaspoon chili powder
- 1 teaspoon coarse salt
- 1 teaspoon coriander seeds crushed
- 0.3 teaspoon basil dried
- 1 teaspoon coriander leaves dried

- 2 garlic clove minced
- 0.5 teaspoon ground mustard
- 0.3 cup honey
- 2 teaspoons horseradish
- 0.3 cup onion diced finely
- 1 teaspoon paprika
- 1 teaspoon pepper
- 2.5 lbs pork loin
- 1 teaspoon pepper red crushed
- 0.3 lb sausage crumbled
- 1 small tomatoes diced

## Equipment

- plastic wrap
- grill
- kitchen thermometer
- kitchen twine

## Directions

- Cut a deep slit down the length of the pork loin roast. From the inside of the roast, cut another slit into each half of the roast. The apple mix will be stuffed into these three pockets.
- Mix the ingredients for the apple stuffing. Stuff the apple stuffing into the pockets inside the roast. Tie the roast back together using kitchen twine.
- Mix the ingredients for the rub. Rub the entire pork loin with the rub mixture. Wrap in plastic wrap and refrigerate for 30 minutes or longer. Grill the roast using the indirect method. I use a standard Weber grill with the coals piled on one side and the pork loin away from the heat on the other side.
- Add soaked wood chips to the coals during cooking. Grill pork loin for 1 1/2 – 2 hours or until the internal temperature reaches at least 145 degrees as measured by a cooking thermometer. Allow loin to rest 5–10 minutes before slicing.

# Nutrition Facts

PROTEIN 46.93% FAT 30.08% CARBS 22.99%

## Properties

Glycemic Index:72.32, Glycemic Load:11.49, Inflammation Score:-7, Nutrition Score:32.505217479623%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 591.26kcal (29.56%), Fat: 19.6g (30.15%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 31.09g (11.31%), Sugar: 29.33g (32.59%), Cholesterol: 199.01mg (66.34%), Sodium: 1223.69mg (53.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.78g (137.56%), Vitamin B6: 2.34mg (116.95%), Selenium: 80.03µg (114.32%), Vitamin B1: 1.37mg (91.07%), Vitamin B3: 18.06mg (90.3%), Phosphorus: 703.43mg (70.34%), Zinc: 6mg (39.97%), Potassium: 1327.61mg (37.93%), Vitamin B2: 0.61mg (36.09%), Vitamin B12: 1.69µg (28.11%), Vitamin B5: 2.43mg (24.27%), Magnesium: 91.92mg (22.98%), Vitamin A: 783.23IU (15.66%), Iron: 2.66mg (14.76%), Copper: 0.26mg (12.91%), Manganese: 0.24mg (11.97%), Fiber: 2.61g (10.43%), Vitamin D: 1.5µg (10.02%), Vitamin C: 7.62mg (9.24%), Vitamin E: 1.18mg (7.88%), Vitamin K: 6.71µg (6.39%), Calcium: 47.52mg (4.75%), Folate: 10.19µg (2.55%)