



Zesty Pork Loin With Apricot-Pan Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



600 kcal

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1.3 cups double-duty marinade
- ☐ 0.5 teaspoon pepper
- ☐ 4 lb pork loin roasts boneless

Equipment

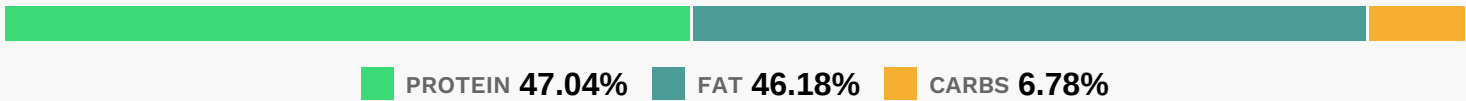
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Place pork roasts in a large zip-top plastic freezer bag, and add Double-Duty Marinade, turning to coat. Seal and chill 6 hours or up to 24 hours.
- ☐ Remove pork from marinade, discarding marinade.
- ☐ Sprinkle pork evenly with pepper.
- ☐ Place on a lightly greased rack in an aluminum foil-lined roasting pan.
- ☐ Bake at 400 for 50 minutes to 1 hour or until meat thermometer inserted into thickest portion registers 15
- ☐ Remove pan from oven, and cover with foil; let stand 10 minutes or until thermometer registers 16
- ☐ Remove roasts from pan, reserving drippings in pan; cut one roast into slices. Cover sliced roast, and keep warm. Cover and chill remaining whole roast.
- ☐ Combine 1/4 cup pan drippings with 1/3 cup apricot preserves in a small microwave-safe bowl. Microwave at HIGH 1 minute or until melted, stirring once.
- ☐ Serve with sliced pork.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:30.239565710659%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 599.97kcal (30%), Fat: 30.21g (46.47%), Saturated Fat: 15.18g (94.89%), Carbohydrates: 9.98g (3.33%),
Net Carbohydrates: 9.9g (3.6%), Sugar: 7.15g (7.95%), Cholesterol: 246.54mg (82.18%), Sodium: 166.85mg (7.25%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.22g (138.45%), Selenium: 85.52µg (122.17%), Vitamin B6:
2.3mg (115.18%), Vitamin B1: 1.35mg (89.98%), Vitamin B3: 17.41mg (87.05%), Phosphorus: 709.8mg (70.98%),
Vitamin B2: 0.66mg (38.93%), Zinc: 5.57mg (37.15%), Potassium: 1190.4mg (34.01%), Vitamin B12: 1.62µg (27.03%),
Vitamin B5: 2.38mg (23.84%), Magnesium: 82.9mg (20.73%), Vitamin A: 756.73IU (15.13%), Vitamin D: 2µg (13.35%),
Copper: 0.2mg (9.81%), Iron: 1.76mg (9.8%), Vitamin E: 0.87mg (5.79%), Calcium: 51.21mg (5.12%), Manganese:
0.05mg (2.41%), Vitamin K: 1.86µg (1.77%), Vitamin C: 1.45mg (1.76%)