



Apple and Corn Bread-Stuffed Pork Loin

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups apple juice divided
- ☐ 1.3 teaspoons pepper black divided freshly ground
- ☐ 0.3 cup celery finely chopped
- ☐ 1.5 cups corn bread stuffing mix (such as Pepperidge Farm)
- ☐ 2 teaspoons cornstarch
- ☐ 1.5 teaspoons rubbed sage dried divided
- ☐ 1 large eggs lightly beaten
- ☐ 14 ounce less-sodium chicken broth fat-free canned

- ☐ 0.5 cup apples i use 2 granny smith apples diced peeled
- ☐ 3 granny smith apples cored peeled cut into 1-inch wedges
- ☐ 0.5 cup onion finely chopped
- ☐ 4 pound center-cut pork loin roast boneless trimmed
- ☐ 1.5 teaspoons salt divided

Equipment

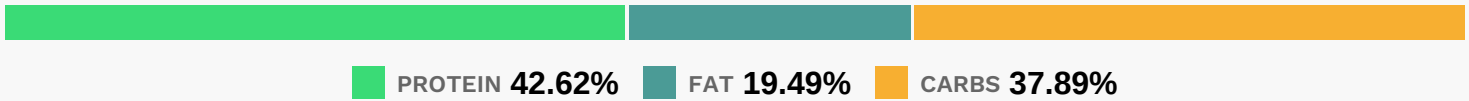
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ cutting board
- ☐ meat tenderizer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 45
- ☐ Heat a nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion, celery, and 1/8 teaspoon pepper; cover and cook 10 minutes or until tender, stirring occasionally.
- ☐ Add diced apple; cook 1 minute, stirring constantly.
- ☐ Place apple mixture in a large bowl, and cool slightly. Stir in the stuffing mix, 1/3 cup juice, 1/2 teaspoon sage, and egg; set aside.

- ☐ Starting off-center, slice pork lengthwise, cutting to, but not through, other side. Open butterflied portions, laying pork flat. Turning knife blade parallel to surface of cutting board, slice larger portion of pork in half horizontally, cutting to, but not through, other side; open flat.
- ☐ Place plastic wrap over pork; pound to 1-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle with 1/2 teaspoon salt.
- ☐ Spread stuffing over pork, leaving a 1/2-inch margin around outside edges.
- ☐ Roll up pork, jelly-roll fashion, starting with a long side. Secure at 2-inch intervals with twine.
- ☐ Combine 1 teaspoon pepper, 1 teaspoon sage, and 1 teaspoon salt; rub over pork.
- ☐ Arrange apple wedges in a single layer in bottom of a broiler pan coated with cooking spray; place pork on apples.
- ☐ Bake at 450 for 20 minutes. Reduce oven temperature to 325 (do not remove the pork from oven).
- ☐ Bake an additional 1 hour and 15 minutes or until a thermometer registers 15
- ☐ Remove pork from pan; cover and let stand 10 minutes. Discard apple wedges.
- ☐ Combine 1 cup juice, cornstarch, and broth in a small saucepan; stir with a whisk. Bring broth mixture to boil. Reduce heat, and simmer 5 minutes. Stir in 1/8 teaspoon black pepper.
- ☐ Cut pork into 1/2-inch- thick slices, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:3.27, Inflammation Score:-4, Nutrition Score:21.175652203353%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol:

0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 364.85kcal (18.24%), Fat: 7.74g (11.9%), Saturated Fat: 2.3g (14.34%), Carbohydrates: 33.85g (11.28%), Net Carbohydrates: 31.43g (11.43%), Sugar: 10.75g (11.94%), Cholesterol: 111.05mg (37.02%), Sodium: 925.1mg (40.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.08g (76.16%), Selenium: 58.17µg (83.11%), Vitamin B6: 1.23mg (61.72%), Vitamin B1: 0.87mg (57.89%), Vitamin B3: 10.66mg (53.32%), Phosphorus: 404.11mg (40.41%), Vitamin B2: 0.45mg (26.44%), Potassium: 754.17mg (21.55%), Zinc: 3.1mg (20.67%), Vitamin B12: 0.88µg (14.67%), Magnesium: 57.21mg (14.3%), Vitamin B5: 1.41mg (14.08%), Folate: 55.59µg (13.9%), Manganese: 0.27mg (13.39%), Iron: 2.2mg (12.24%), Fiber: 2.43g (9.7%), Copper: 0.19mg (9.55%), Calcium: 48.84mg (4.88%), Vitamin D: 0.69µg (4.59%), Vitamin C: 3.14mg (3.81%), Vitamin E: 0.46mg (3.05%), Vitamin K: 2.65µg (2.53%), Vitamin A: 62.21IU (1.24%)