



## Apple-Filled Pork Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound rome apple diced peeled
- 0.3 cup apple juice
- 0.1 teaspoon rosemary dried crushed
- 0.3 teaspoon rosemary dried crushed
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 1 cup mushrooms sliced

- 0.3 cup onion chopped
- 0.1 teaspoon pepper
- 2 pound boned pork loin roast lean
- 8 large prune- cut to pieces diced pitted
- 0.1 teaspoon salt

## Equipment

- frying pan
- oven
- kitchen thermometer
- broiler pan

## Directions

- Preheat oven to 32
- Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- Add onion; saut 2 minutes.
- Add mushrooms, 1/2 teaspoon thyme, and 1/8 teaspoon rosemary; saut 3 minutes.
- Add apple and next 5 ingredients (apple through prunes); saut 2 minutes or until apple is crisp-tender. Set aside.
- Trim fat from pork roast.
- Cut a wide, deep pocket in side of roast. Stuff the apple mixture into pocket. Tie roast at 1-inch intervals with heavy string.
- Sprinkle roast with 1/2 teaspoon thyme, 1/4 teaspoon rosemary, and 1/8 teaspoon salt.
- Place roast on a broiler pan coated with cooking spray. Insert meat thermometer into roast.
- Bake at 325 for 1 hour and 20 minutes or until meat thermometer registers 160, basting frequently with apple juice.
- Garnish roast with rosemary sprigs, if desired.

## Nutrition Facts



■ PROTEIN 53.19% ■ FAT 21.77% ■ CARBS 25.04%

## Properties

Glycemic Index:55.46, Glycemic Load:4.35, Inflammation Score:-4, Nutrition Score:18.095217450805%

## Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.33mg, Epicatechin: 3.33mg, Epicatechin: 3.33mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

## Nutrients (% of daily need)

Calories: 263.64kcal (13.18%), Fat: 6.34g (9.76%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 14.17g (5.15%), Sugar: 10.73g (11.92%), Cholesterol: 95.25mg (31.75%), Sodium: 124.82mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Selenium: 43.47µg (62.1%), Vitamin B6: 1.21mg (60.74%), Vitamin B3: 9.57mg (47.86%), Vitamin B1: 0.7mg (46.87%), Phosphorus: 370.93mg (37.09%), Vitamin B2: 0.39mg (22.73%), Potassium: 780.11mg (22.29%), Zinc: 2.9mg (19.35%), Vitamin B5: 1.46mg (14.63%), Vitamin B12: 0.78µg (12.96%), Magnesium: 49.85mg (12.46%), Vitamin K: 10.3µg (9.81%), Copper: 0.19mg (9.63%), Fiber: 2.24g (8.96%), Iron: 1.21mg (6.71%), Manganese: 0.1mg (5.13%), Vitamin D: 0.64µg (4.25%), Vitamin C: 3.38mg (4.1%), Vitamin A: 128.51IU (2.57%), Vitamin E: 0.33mg (2.23%), Calcium: 20.94mg (2.09%), Folate: 6.51µg (1.63%)