



Apple-Glazed Pork Loin Roast with Apple-Ham Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple jelly
- ☐ 1 cup apple juice
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 6 ounces ham diced
- ☐ 0.5 teaspoon rosemary dried

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 pound apples i use 2 granny smith apples chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.5 cup onion chopped
- ☐ 3 pounds boned pork loin roast
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 6 cups bread white cubed () (8 slices)

Equipment

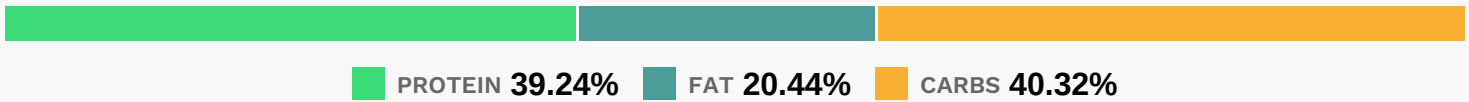
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ To prepare the stuffing, arrange bread cubes in a single layer on a jelly-roll pan.

- ☐ Bake at 400 for 6 minutes or until toasted; set aside. Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add ham; saut 4 minutes or until lightly browned.
- ☐ Add onion and next 5 ingredients (onion through garlic); cook over medium-high heat 5 minutes or until tender.
- ☐ Add apple, salt, and 1/4 teaspoon pepper; cook 2 minutes.
- ☐ Add bread cubes and apple juice to stuffing mixture, stir gently. Set aside.
- ☐ To prepare roast, trim fat from pork.
- ☐ Combine garlic powder and next 6 ingredients (garlic powder through 1/4 teaspoon pepper) in a small bowl; rub evenly over pork.
- ☐ Place pork on a broiler pan coated with cooking spray; insert meat thermometer into thickest portion of pork.
- ☐ Bake at 400 for 30 minutes.
- ☐ Combine the jelly, ginger, and lemon rind in a small bowl.
- ☐ Brush jelly mixture over roast. Spoon the stuffing onto the broiler pan around pork. Cover with foil, and bake at 400 for 15 minutes; uncover and bake an additional 15 minutes or until thermometer reaches 155, basting pork occasionally with jelly mixture. Cover and let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:48.54, Glycemic Load:20.27, Inflammation Score:-7, Nutrition Score:19.145652149035%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.7mg, Quercetin:

2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 378.48kcal (18.92%), Fat: 8.48g (13.04%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 37.61g (12.54%), Net Carbohydrates: 35.54g (12.93%), Sugar: 18.12g (20.13%), Cholesterol: 94.84mg (31.61%), Sodium: 679.2mg (29.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.61g (73.22%), Selenium: 44.78µg (63.98%), Vitamin B6: 1.11mg (55.44%), Vitamin B1: 0.77mg (51.05%), Vitamin B3: 9.25mg (46.23%), Phosphorus: 355.62mg (35.56%), Vitamin B2: 0.36mg (20.98%), Potassium: 662.03mg (18.92%), Zinc: 2.79mg (18.62%), Vitamin A: 799.86IU (16%), Manganese: 0.31mg (15.53%), Iron: 2.25mg (12.48%), Magnesium: 49.88mg (12.47%), Vitamin B5: 1.23mg (12.31%), Vitamin B12: 0.7µg (11.59%), Folate: 37.39µg (9.35%), Calcium: 84.16mg (8.42%), Fiber: 2.07g (8.28%), Copper: 0.16mg (8.06%), Vitamin C: 4.68mg (5.68%), Vitamin D: 0.54µg (3.63%), Vitamin K: 3.16µg (3.01%), Vitamin E: 0.41mg (2.76%)