



Apple Stuffed Pork Loin Roast

READY IN



185 min.

SERVINGS



8

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups unseasoned bread cubes thick-cut white
- 2 tablespoons butter
- 0.5 cup chicken broth plus more if needed
- 1 eggs beaten
- 8 sage leaves fresh
- 2 granny smith apples cored peeled chopped
- 3 tablespoons olive oil
- 1 large onion chopped
- 3 pound pork loin roast

8 servings salt and pepper

Equipment

frying pan

oven

knife

roasting pan

kitchen thermometer

kitchen twine

Directions

Preheat oven to 375 degrees F.

In a large skillet, heat the olive oil over medium-high heat.

Add the onion, apples and sage.

Saute until softened.

Remove from the heat and gently stir in the bread, egg, butter and salt and pepper.

Add the chicken broth gradually until everything is moistened.

Let the stuffing mixture cool completely before putting it in the pork loin. Spoon the stuffing down the pork, horizontally, in a line.

Roll the pork over the stuffing, jelly roll style, ending with the seam down and fat side up. Lightly score the fat, in a diamond pattern, with a sharp knife. Tightly tie the pork roast up with butcher's twine, season it with more salt and pepper, and transfer to a roasting pan. Roast the pork in a preheated oven for about 90 minutes or until an instant-read thermometer registers 160 degrees F.

Remove from the oven and let rest for 15 minutes before slicing.

Garnish with apples and fresh herbs.

Nutrition Facts



PROTEIN 44.19% FAT 39.75% CARBS 16.06%

Properties

Glycemic Index:20.96, Glycemic Load:5.62, Inflammation Score:-4, Nutrition Score:20.980434614679%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 374.36kcal (18.72%), Fat: 16.28g (25.05%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.82g (4.66%), Sugar: 6.41g (7.13%), Cholesterol: 135.44mg (45.15%), Sodium: 429.48mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.73g (81.45%), Selenium: 53.03µg (75.75%), Vitamin B6: 1.35mg (67.52%), Vitamin B1: 0.83mg (55.53%), Vitamin B3: 10.66mg (53.28%), Phosphorus: 423.55mg (42.36%), Vitamin B2: 0.41mg (23.84%), Zinc: 3.34mg (22.29%), Potassium: 743.3mg (21.24%), Vitamin B12: 0.93µg (15.42%), Vitamin B5: 1.52mg (15.22%), Magnesium: 55.07mg (13.77%), Copper: 0.27mg (13.41%), Manganese: 0.23mg (11.59%), Iron: 1.66mg (9.22%), Vitamin E: 1.23mg (8.23%), Fiber: 1.97g (7.89%), Vitamin D: 0.79µg (5.27%), Vitamin K: 5.18µg (4.94%), Folate: 19.52µg (4.88%), Vitamin C: 3.51mg (4.25%), Calcium: 37.99mg (3.8%), Vitamin A: 142.68IU (2.85%)