



Apple-Stuffed Pork Loin with Maple-Mustard Sauce

 Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple juice
- 2 pound pork loin roast boneless
- 2 teaspoons butter
- 0.5 cup celery chopped
- 1.5 teaspoons thyme leaves dried
- 1.5 cups apples i use 2 granny smith apples diced peeled
- 1 teaspoon ground coriander

- 8 servings maple-mustard sauce
- 0.5 cup onion chopped
- 0.3 teaspoon orange rind grated
- 0.3 teaspoon pepper
- 0.5 cup raisins
- 0.5 teaspoon salt

Equipment

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

Directions

- Combine raisins and bourbon in a small microwave-safe bowl. Microwave at HIGH 45 seconds or until hot.
- Remove from microwave; cover and let stand 20 minutes.
- Combine thyme and next 3 ingredients in a small bowl, stirring well.
- Melt butter in a large nonstick skillet.
- Add onion and celery; saut 5 minutes. Stir in apple and half of spice mixture. Saut 3 minutes or until apple is crisp-tender. Stir in orange rind and raisins with liquid; cook 30 seconds. Set

aside.

- Trim fat from pork. Starting off-center, slice pork lengthwise, cutting to, but not through, other side. Open butter-fried 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 1/2-inch thickness using a meat mallet or rolling pin.
- Preheat oven to 32
- Spread apple mixture over pork to within 1/2 inch of edges.
- Roll up pork, jelly roll fashion, starting with long side. Secure pork at 2-inch intervals with twine.
- Rub pork with remaining spice mixture.
- Place on a broiler pan coated with cooking spray.
- Bake at 325 for 1 hour and 10 minutes or until a thermometer registers 160 (slightly pink).
- Let stand 10 minutes before slicing.
- Serve with Maple-Mustard Sauce.

Nutrition Facts

 **PROTEIN 39.8%**  **FAT 20.04%**  **CARBS 40.16%**

Properties

Glycemic Index:38.63, Glycemic Load:10.19, Inflammation Score:-4, Nutrition Score:15.015652335208%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 261.59kcal (13.08%), Fat: 5.8g (8.92%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 24.47g (8.9%), Sugar: 15.68g (17.42%), Cholesterol: 74.13mg (24.71%), Sodium: 219.48mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.91g (51.81%), Selenium: 31.64µg (45.2%), Vitamin B6: 0.9mg (45.11%), Vitamin B1: 0.54mg (35.93%), Vitamin B3: 6.71mg (33.54%), Vitamin B2: 0.5mg (29.31%), Manganese: 0.55mg (27.67%), Phosphorus: 271.29mg (27.13%), Potassium: 613.78mg (17.54%), Zinc: 2.26mg (15.06%), Magnesium: 41.04mg (10.26%), Vitamin B12: 0.58µg (9.67%), Vitamin B5: 0.9mg (8.97%), Iron: 1.22mg (6.78%), Fiber: 1.66g (6.65%), Copper: 0.11mg (5.58%), Vitamin K: 5.81µg (5.53%), Calcium: 42.94mg (4.29%), Vitamin C: 2.8mg (3.4%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.25mg (1.69%), Vitamin A: 80.24IU (1.6%), Folate: 5.73µg (1.43%)