



Apricot-Glazed Pork Roast and Stuffing

 Dairy Free

READY IN



430 min.

SERVINGS



6

CALORIES



501 kcal

SIDE DISH

Ingredients

- 0.3 cup apricot preserves
- 1 tablespoon balsamic vinegar
- 2 lb pork loin boneless trimmed of fat
- 0.8 cup chicken broth progresso® (from 32-oz carton)
- 0.5 cup apricot dried chopped
- 0.3 cup onion frozen chopped (from 14-oz bag)
- 4 cups pepperidge farm sage and onion stuffing stuffing

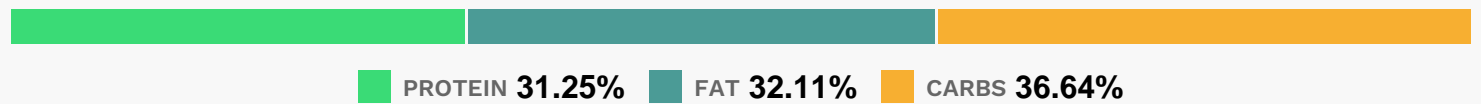
Equipment

- bowl
- slow cooker
- cutting board

Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix stuffing, broth, apricots and onions.
- Place pork on stuffing mixture. In small bowl, mix jam and vinegar; brush over pork.
- Cover; cook on Low heat setting 7 to 8 hours.
- Remove pork from cooker; place on cutting board. Stir stuffing before serving.
- Cut pork into slices; serve with stuffing.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:2.41, Inflammation Score:-7, Nutrition Score:24.637391131857%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 501.16kcal (25.06%), Fat: 17.76g (27.32%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 40.75g (14.82%), Sugar: 15.2g (16.89%), Cholesterol: 95.84mg (31.95%), Sodium: 829.04mg (36.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.88g (77.76%), Selenium: 108.94µg (155.64%), Vitamin B6: 1.22mg (61.18%), Vitamin B1: 0.86mg (57.53%), Vitamin B3: 11.01mg (55.06%), Phosphorus: 408.54mg (40.85%), Vitamin B2: 0.46mg (26.83%), Potassium: 821.18mg (23.46%), Zinc: 3.18mg (21.22%), Fiber: 4.85g (19.39%), Vitamin K: 18.64µg (17.75%), Vitamin E: 2.56mg (17.09%), Vitamin A: 835.48IU (16.71%), Magnesium: 60.81mg (15.2%), Iron: 2.68mg (14.89%), Manganese: 0.3mg (14.76%), Folate: 54.9µg (13.73%), Vitamin B12: 0.79µg (13.17%), Vitamin B5: 1.31mg (13.07%), Copper: 0.24mg (12.13%), Calcium: 62.75mg (6.28%), Vitamin D: 0.6µg (4.03%), Vitamin C: 1.92mg (2.33%)