



Apricot-Pistachio Rolled Pork

 Dairy Free

READY IN



335 min.

SERVINGS



12

CALORIES



279 kcal

Ingredients

- ☐ 4 lb pork loin boneless
- ☐ 0.5 cup apricot dried chopped
- ☐ 0.5 cup pistachios chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup all-natural apricot nectar
- ☐ 1 tablespoon butter
- ☐ 0.3 cup cracker crumbs crushed

- ☐ 2 tablespoons pistachios chopped
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 cup apricot preserves

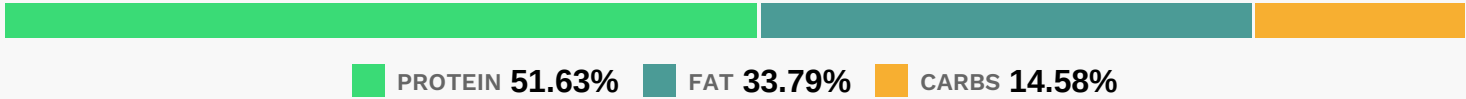
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ metal skewers

Directions

- ☐ To cut pork roast into a large rectangle that can be filled and rolled, cut lengthwise about 1/2 inch from top of pork to within 1/2 inch of opposite edge; open flat. Repeat with other side of pork, cutting from the inside edge to the outer edge; open flat to form rectangle.
- ☐ Sprinkle apricots, 1/2 cup nuts, the garlic, salt and pepper over pork to within 1 inch of edge. Tightly roll up pork, beginning with short side. Secure with toothpicks, or tie with string. Pierce pork all over with metal skewer.
- ☐ Brush brandy over entire surface.
- ☐ Let stand 15 minutes.
- ☐ Brush again with remaining brandy. Cover and refrigerate at least 2 hours but no longer than 24 hours.
- ☐ Heat oven to 325°F.
- ☐ Place pork, fat side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of pork. Roast uncovered 1 hour 30 minutes.
- ☐ Meanwhile, in 2-quart saucepan, melt butter over medium heat. Stir in cracker crumbs, 2 tablespoons nuts and garlic salt; cook and stir 1 minute. Cool slightly.
- ☐ Brush preserves over pork.
- ☐ Sprinkle with crumb mixture. Roast uncovered 30 to 60 minutes longer or until thermometer reads 160°F. Cover and let stand 15 minutes before serving for easier carving.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:17.469130427941%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 278.71kcal (13.94%), Fat: 10.33g (15.89%), Saturated Fat: 2.51g (15.68%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 8.9g (3.24%), Sugar: 6.3g (7%), Cholesterol: 95.25mg (31.75%), Sodium: 196.1mg (8.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.02%), Vitamin B6: 1.27mg (63.39%), Selenium: 42.68µg (60.97%), Vitamin B1: 0.74mg (49.06%), Vitamin B3: 8.98mg (44.92%), Phosphorus: 380.2mg (38.02%), Potassium: 705.51mg (20.16%), Zinc: 2.9mg (19.34%), Vitamin B2: 0.3mg (17.83%), Vitamin B12: 0.77µg (12.87%), Magnesium: 49.69mg (12.42%), Vitamin B5: 1.2mg (12.03%), Copper: 0.2mg (9.94%), Iron: 1.31mg (7.27%), Vitamin A: 342.6IU (6.85%), Manganese: 0.12mg (6.21%), Vitamin E: 0.69mg (4.57%), Fiber: 1.12g (4.49%), Vitamin D: 0.6µg (4.03%), Vitamin C: 2.56mg (3.1%), Calcium: 22.22mg (2.22%), Folate: 4.83µg (1.21%)