



Bacon-Wrapped Pork Loin with Fruity Mole

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ancho chiles stemmed seeded
- 1 apples peeled coarsely chopped
- 6 slices oscar mayer bacon cut in half
- 0.3 cup original barbecue sauce kraft
- 15 oz canned tomatoes diced drained canned
- 2 guajillo chiles stemmed seeded
- 1 oz piloncillo coarsely chopped (1 small cone) (Mexican brown loaf sugar)
- 0.5 pineapple cored peeled

3 lb pork loin roast

Equipment

frying pan

sauce pan

oven

blender

roasting pan

aluminum foil

cutting board

Directions

Heat oven to 350F.

Cook roast in large skillet on medium-high heat 5 min. or until evenly browned on all sides, turning occasionally; transfer to roasting pan sprayed with cooking spray. Top with bacon, overlapping slices as necessary to cover top of roast.

Bake 1 hour or until roast is done (145F).

Meanwhile, cut 1 pineapple wedge into 12 pieces; reserve for later use. Chop remaining pineapple; place in blender.

Add remaining ingredients; blend until smooth.

Pour into saucepan. Bring to boil, stirring frequently. Simmer on low heat 20 min., stirring occasionally.

Place roast on cutting board. Tent with foil; let stand 5 min. Meanwhile, cook pineapple wedges in skillet on medium heat 5 min. or until evenly browned, turning frequently.

Slice roast.

Serve with the pineapple wedges and mole sauce.

Nutrition Facts



PROTEIN 40.21% **FAT 30.89%** **CARBS 28.9%**

Properties

Glycemic Index:7.56, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:20.545652265134%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 280.66kcal (14.03%), Fat: 9.68g (14.89%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 16.38g (5.96%), Sugar: 14.63g (16.26%), Cholesterol: 78.7mg (26.23%), Sodium: 269.91mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.7%), Vitamin B6: 1.05mg (52.74%), Vitamin A: 2565.6IU (51.31%), Selenium: 34.13µg (48.75%), Vitamin B3: 8.27mg (41.34%), Vitamin B1: 0.59mg (39.36%), Vitamin C: 25mg (30.3%), Phosphorus: 298.83mg (29.88%), Manganese: 0.48mg (23.9%), Vitamin B2: 0.37mg (21.96%), Potassium: 762.81mg (21.79%), Fiber: 4g (15.99%), Zinc: 2.38mg (15.87%), Magnesium: 49.23mg (12.31%), Vitamin B5: 1.14mg (11.4%), Vitamin K: 11.87µg (11.3%), Vitamin B12: 0.63µg (10.56%), Iron: 1.76mg (9.79%), Copper: 0.17mg (8.37%), Vitamin E: 0.83mg (5.51%), Folate: 15µg (3.75%), Vitamin D: 0.5µg (3.32%), Calcium: 30.51mg (3.05%)