



Braised Pork Loin with Port and Dried Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 3.3 pound pork loin boneless trimmed
- ☐ 1 cup carrots finely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup prune- cut to pieces dried pitted (20 plums)
- ☐ 1 teaspoon rubbed sage dried (not rubbed sage)
- ☐ 0.5 teaspoon thyme dried

- ☐ 1 teaspoon ground mustard dry
- ☐ 1 cup leek finely chopped
- ☐ 0.3 cup beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion sliced
- ☐ 0.5 cup red wine sweet
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 2 tablespoons water

Equipment

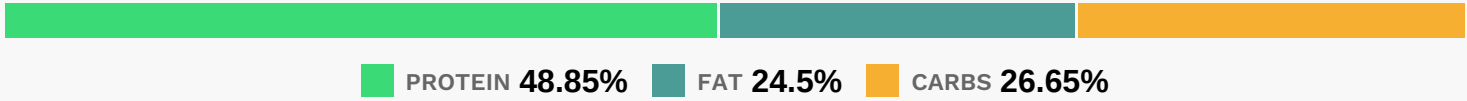
- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Cut roast in half crosswise.
- ☐ Combine pepper and next 4 ingredients (through thyme). Rub seasoning mixture over surface of roast halves.
- ☐ Heat a large Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add pork, browning on all sides.
- ☐ Place pork in a 4 1/2-quart electric slow cooker.
- ☐ Add onion, leek, and carrot to Dutch oven; saut 5 minutes or until vegetables are golden. Stir in wine, broth, and 1/3 cup water, scraping pan to loosen browned bits.
- ☐ Pour wine mixture over pork in slow cooker; add plums and bay leaves. Cover and cook on HIGH for 1 hour. Reduce heat to LOW, and cook for 5 to 6 hours or until pork is tender.
- ☐ Remove pork from slow cooker; reserve cooking liquid in slow cooker. Set pork aside; keep warm. Increase heat to HIGH.

Combine cornstarch and 2 tablespoons water; stir well, and add to cooking liquid. Cook, uncovered, 15 minutes or until mixture is thick, stirring frequently. Discard bay leaves. Slice pork, and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:4.37, Inflammation Score:-9, Nutrition Score:20.694782889408%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 291kcal (14.55%), Fat: 7.63g (11.74%), Saturated Fat: 2.08g (13%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 16.23g (5.9%), Sugar: 9.03g (10.03%), Cholesterol: 92.87mg (30.96%), Sodium: 333mg (14.48%), Alcohol: 1.27g (100%), Alcohol %: 0.64% (100%), Protein: 34.23g (68.45%), Vitamin B6: 1.23mg (61.74%), Selenium: 41.65µg (59.5%), Vitamin A: 2428.93IU (48.58%), Vitamin B1: 0.69mg (46.22%), Vitamin B3: 9.04mg (45.19%), Phosphorus: 365.8mg (36.58%), Potassium: 819.84mg (23.42%), Vitamin B2: 0.33mg (19.52%), Zinc: 2.87mg (19.1%), Vitamin K: 18.77µg (17.88%), Magnesium: 55.72mg (13.93%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.75µg (12.53%), Manganese: 0.23mg (11.55%), Fiber: 2.44g (9.76%), Copper: 0.17mg (8.66%), Iron: 1.44mg (8.02%), Vitamin C: 4.35mg (5.27%), Vitamin E: 0.66mg (4.39%), Vitamin D: 0.59µg (3.93%), Folate: 15.6µg (3.9%), Calcium: 36.3mg (3.63%)