



## 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 roast boneless trimmed
- ☐ 1 cup carrots finely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup plums dried pitted ( 20 plums)
- ☐ 1 teaspoon sage dried (not rubbed sage)
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 1 teaspoon mustard dry
- ☐ 1 cup leek finely chopped
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion sliced
- ☐ 0.5 cup port sweet
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water
- ☐ 2 tablespoons water

## Equipment

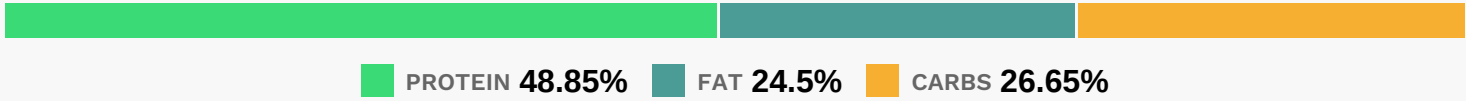
- ☐ frying pan
- ☐ dutch oven
- ☐ slow cooker

## 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

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### 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%)