



Braised Pork Loin with Port and Prunes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1.5 teaspoons pepper black
- 3.3 pound pork loin roast boneless
- 1 cup carrots finely chopped
- 1 teaspoon rubbed sage dried
- 0.5 teaspoon thyme leaves dried
- 1 teaspoon mustard dry
- 0.8 cup less-sodium chicken broth fat-free

- 1 cup leek finely chopped
- 1 tablespoon olive oil
- 2 cups onion sliced
- 1 cup port sweet
- 1 cup prune- cut to pieces pitted (20 prunes)
- 1 teaspoon salt

Equipment

- food processor
- frying pan
- oven
- blender
- aluminum foil
- slotted spoon
- dutch oven

Directions

- Preheat oven to 32
- To prepare spice rub, combine first 5 ingredients. Trim fat from pork; rub surface of roast with spice rub. Secure at 2-inch intervals with heavy string.
- Heat oil in a large Dutch oven over medium-high heat.
- Add pork; cook 8 minutes, browning on all sides.
- Remove from pan.
- Add onion, leek, and carrot; cover, reduce heat, and cook 5 minutes, stirring frequently. Stir in wine and broth, scraping pan to loosen browned bits. Return pork to pan; add prunes and bay leaves. Bring to a boil. Cover and bake at 325 for 1 1/2 hours or until pork is tender; discard bay leaves.
- Place pork on a platter; cover with foil.
- Remove 6 prunes with a slotted spoon.

Place prunes in a food processor or blender; process until smooth. Stir pured prunes into port mixture.

Serve sauce with pork.

Nutrition Facts

PROTEIN 49.57% **FAT 24.98%** **CARBS 25.45%**

Properties

Glycemic Index:22.73, Glycemic Load:5.52, Inflammation Score:-9, Nutrition Score:26.170435013978%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 369.11kcal (18.46%), Fat: 9.57g (14.73%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 18.9g (6.87%), Sugar: 11.41g (12.68%), Cholesterol: 116.09mg (38.7%), Sodium: 484.7mg (21.07%), Alcohol: 3.18g (100%), Alcohol %: 1.23% (100%), Protein: 42.74g (85.47%), Vitamin B6: 1.56mg (77.76%), Selenium: 52.51µg (75.01%), Vitamin A: 3036.47IU (60.73%), Vitamin B1: 0.87mg (57.93%), Vitamin B3: 11.45mg (57.25%), Phosphorus: 462.78mg (46.28%), Potassium: 1030.18mg (29.43%), Vitamin B2: 0.42mg (24.94%), Zinc: 3.6mg (24.03%), Vitamin K: 23.53µg (22.41%), Magnesium: 71.47mg (17.87%), Vitamin B12: 0.98µg (16.37%), Vitamin B5: 1.61mg (16.15%), Manganese: 0.31mg (15.5%), Fiber: 3.03g (12.13%), Copper: 0.22mg (10.95%), Iron: 1.89mg (10.52%), Vitamin C: 5.43mg (6.59%), Vitamin E: 0.82mg (5.49%), Folate: 19.86µg (4.97%), Vitamin D: 0.74µg (4.91%), Calcium: 46.98mg (4.7%)