



 **76%**
HEALTH SCORE

Caribbean Stuffed Pork With Orange Sweet Potatoes and Plantains

 Very Healthy

READY IN



105 min.

SERVINGS



3

CALORIES



1586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil shredded finely
- 0.8 cup breadcrumbs
- 25 g butter
- 30 g butter
- 1 pinch cinnamon
- 3 tablespoons cup heavy whipping cream
- 1 tablespoon rum dark

- 1 teaspoon ginger fresh grated
- 4 garlic clove crushed
- 425 g pepperoncini pepper juice canned
- 1 medium mangos chopped
- 3 servings cooking oil for frying
- 1 onion finely chopped
- 1 small onion finely chopped
- 2 tablespoons orange juice
- 1 teaspoon orange zest
- 5 large cranberry-orange relish
- 2 tablespoons parsley finely chopped
- 4 teaspoons pineapple rings fine canned (if you can get just mango that is I couldn't and this worked great.)
- 3 large plantains for the dinner, but i always make extra as they make a great snack. (will make to many)
- 3 tablespoons fatty pork
- 650 g pork tenderloin for 4 either up the (This was the weight of my pork and served 3 nicely, if you wanted to serve this)
- 1 teaspoon pepper flakes hot (I used Harissa I know this is more african,b ut it is what was in my cupboard, Whatever you have hab)
- 2 tablespoons rum
- 3 servings salt
- 3 servings salt and pepper
- 1 teaspoon sesame oil
- 1 tablespoon sugar
- 4 large sweet potatoes and into peeled chopped for 4 servings. (1KG)
- 1 tablespoon thyme leaves
- 0.5 cup citrus champagne vinegar

Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- roasting pan
- meat tenderizer
- kitchen twine

Directions

- Cut the pork down the centre making sure not to go all the way through (basically butterfly.) Pound pork with a meat mallet until same thickness all over. Season with salt and pepper on both sides. In a frying pan melt butter, add onions, cook until soft, add herbs, breadcrumbs, rum, chopped mango and salt and pepper to taste, stir to combine. Spoon stuffing down on half of pork remembering to leave enough of an edge so when you fold, the other half over, it will cover the stuffing completely. Fold the other half of the pork over and secure with kitchen string at 1 1/2-2 inch intervals. In a lightly oiled roasting pan, place pork and bake in a preheated oven 180C for about 1 hr (cooking time may be longer if your meat weight is more and I'm not sure if it will be less if you do 2 smaller loins, just check towards the end of cooking time regularly, to see if it is cooked through). Baste meat several times during cooking with reserved juice, I even poured a little over the pork when I started, so the pork juices combined with this made for some great juices I could use for sauce later. (don't pour too much though and make sure it is natural juice and not syrup as it will burn and also forms a glaze on the pork because of the high sugar content). Mango Sauce:
 - Drain the mango reserving the juice, blend or process mango until smooth, pour into saucepan, leave on a low heat.
 - Heat a little olive oil in a pan, add onion and garlic cook until onion is soft and garlic has just started to brown, add to mango, turn up the heat to medium.
 - Add the rest of the ingredients and stir until jam has melted and sugar dissolved, that's it easy peasy sauce is done. This can just be left over a very low heat to keep warm. When the pork is cooked just add the 3 Tablespoon of juices and stir to combine. If sauce is not quite hot enough, turn the heat up at this time and heat for a couple of minutes until hot.
 - Serve over pork. Orange-

- Baked Sweet Potatoes: Peel sweet potatoes and chop into pieces (just like you would regular potatoes that you were going to mash.)
- Place in a pan cover with water and boil until tender then drain. While potatoes are cooking, slice the tops off of 4 oranges and scoop out the flesh be careful not to break the shells.
- Cut the peel from the tops into thin strips to use as garnish later. Squeeze the juice from the pulp (there will be more juice than you need but I squeeze it all and drink the rest, there is nothing like fresh orange juice.) and grate a teaspoon of rind from the fifth orange. Mash the sweet potato until smooth (I use a bar mix).
- Add butter, cream, sugar, rum, orange juice and cinnamon, whisk to combine or bar mix away whatever is easier (Hint: Bar
- Mix, Bar
- Mix)
- Mix in grated rind and season with salt and pepper. Spoon mashed potato mixture into the orange shells.
- Place on a baking tray and bake in a preheated oven at 180C (perfect already at that temp from pork.)
- Bake for 15–20 minutes, until you have golden brown top.
- Garnish with the reserved strips of orange peel and serve. Plantain Chips: Peel plantains and thinly slice them into rounds.
- Heat the oil in a deep frying pan and fry plantains until crispy and golden.
- Drain on absorbent paper and season with salt. Oh so easy and oh so delicious, just remember you need some for dinner, so don't sneak to many while cooking :). To
- Serve: Arrange pork slices on plate pour sauce over the top. Arrange plantain chips and place orange shell on top of them. Bon Appetit.

Nutrition Facts



PROTEIN 16.55% **FAT 21.79%** **CARBS 61.66%**

Properties

Glycemic Index: 247.03, Glycemic Load: 73.68, Inflammation Score: -10, Nutrition Score: 72.581304114798%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 84.92mg, Hesperetin: 84.92mg, Hesperetin: 84.92mg, Hesperetin: 84.92mg Naringenin: 47.22mg, Naringenin: 47.22mg, Naringenin: 47.22mg, Naringenin: 47.22mg Apigenin: 5.86mg, Apigenin: 5.86mg, Apigenin: 5.86mg, Apigenin: 5.86mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 14.53mg, Quercetin: 14.53mg, Quercetin: 14.53mg, Quercetin: 14.53mg

Nutrients (% of daily need)

Calories: 1585.58kcal (79.28%), Fat: 38.5g (59.23%), Saturated Fat: 17.59g (109.92%), Carbohydrates: 245.19g (81.73%), Net Carbohydrates: 216.8g (78.84%), Sugar: 112.74g (125.27%), Cholesterol: 207.85mg (69.28%), Sodium: 1099.58mg (47.81%), Alcohol: 5.01g (100%), Alcohol %: 0.4% (100%), Protein: 65.79g (131.58%), Vitamin A: 68876.16IU (1377.52%), Vitamin C: 256.46mg (310.86%), Vitamin B1: 3.34mg (222.71%), Vitamin B6: 3.58mg (178.92%), Potassium: 4370.28mg (124.87%), Selenium: 85.18µg (121.68%), Fiber: 28.39g (113.55%), Vitamin B3: 22.21mg (111.05%), Vitamin K: 115.45µg (109.96%), Manganese: 2.17mg (108.44%), Phosphorus: 978.1mg (97.81%), Vitamin B2: 1.54mg (90.4%), Magnesium: 313.95mg (78.49%), Vitamin B5: 7.4mg (74.04%), Copper: 1.4mg (69.88%), Folate: 263.16µg (65.79%), Iron: 8.94mg (49.68%), Zinc: 7.09mg (47.28%), Calcium: 404.14mg (40.41%), Vitamin E: 4mg (26.66%), Vitamin B12: 1.38µg (23%), Vitamin D: 0.89µg (5.93%)