



## Cheese-Stuffed Pork Loin

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.4 oz herb- and garlic-flavor boursin cheese
- 1 cup fat-skimmed chicken broth
- 6 mustard-green leaves (9 to 10 in. long)
- 12 servings fresh-ground pepper
- 0.5 cup parmesan cheese, grated
- 3 lb boned center-cut pork loin, fat trimmed

### Equipment

- frying pan

- oven
- whisk
- blender

## Directions

- Lay loin fat side down. Make a cut lengthwise down the center of the meat and about 2/3 of the way through it. Push meat flat and, starting from the deepest part of the center cut, make a 1-inch horizontal cut toward each side running the length of the meat. Push meat flat again.
- Trim stem ends from mustard greens, rinse leaves, and dip in boiling water to wilt; drain briefly.
- Line meat lengthwise with greens, overlapping as needed, extending about 4 inches beyond ends of meat. Spoon Boursin onto leaves down center of roast, then sprinkle evenly with parmesan. Fold extended leaves over cheese flush with ends of meat. Then lap leaves across cheese lengthwise. Gently roll loin back into a log (don't squish out cheese) and tie with cotton string at 2-inch intervals.
- Set loin cut side down, in a 10- by 15-inch pan and sprinkle generously with pepper
- Bake in a 375 oven until meat is 150 to 155 in center of thickest part (not in cheese), 50 to 55 minutes.
- Remove from oven and let stand at least 20 minutes.
- Transfer roast to a platter and keep warm. Skim and discard fat from pan drippings.
- Add broth and whisk until smooth. Boil over high heat until reduced to about 1 1/4 cups, about 10 minutes. For a smooth sauce, whirl in a blender.
- Cut loin into 3/4- to 1-inch slices, remove string, and serve with sauce.

## Nutrition Facts

 **PROTEIN 43.13%**  **FAT 54.36%**  **CARBS 2.51%**

## Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.267391219087%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## **Nutrients (% of daily need)**

Calories: 270.99kcal (13.55%), Fat: 15.98g (24.59%), Saturated Fat: 8.84g (55.25%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.93g (1.04%), Cholesterol: 100.48mg (33.49%), Sodium: 360.4mg (15.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.53g (57.05%), Selenium: 33.33µg (47.62%), Vitamin B6: 0.87mg (43.45%), Vitamin B1: 0.51mg (34%), Vitamin B3: 6.65mg (33.26%), Phosphorus: 285.9mg (28.59%), Vitamin A: 827.5IU (16.55%), Zinc: 2.24mg (14.93%), Vitamin B2: 0.24mg (13.9%), Potassium: 452.84mg (12.94%), Vitamin B12: 0.67µg (11.21%), Vitamin K: 9.37µg (8.92%), Vitamin B5: 0.89mg (8.92%), Magnesium: 32.24mg (8.06%), Calcium: 63.24mg (6.32%), Iron: 0.73mg (4.05%), Copper: 0.07mg (3.72%), Vitamin D: 0.47µg (3.16%), Manganese: 0.04mg (2.22%), Vitamin E: 0.19mg (1.24%)