



HEALTH SCORE

61%

## Cranberry Apple Stuffed Pork Loin



Dairy Free



Very Healthy



Popular

READY IN



85 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 pounds pork loin boneless
- ☐ 6 servings sea salt and pepper freshly ground
- ☐ 0.5 cup panko bread crumbs homemade
- ☐ 0.5 cup chicken stock see
- ☐ 1 cup tart apples green peeled chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.3 cup shallots minced

- ☐ 2 Tbsp maple syrup pure
- ☐ 1 teaspoon rosemary minced

## Equipment

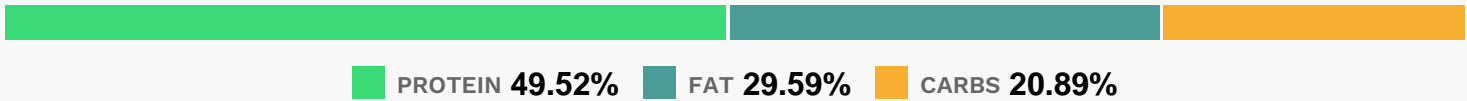
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board
- ☐ meat tenderizer
- ☐ kitchen twine

## Directions

- ☐ Preheat oven to 450°F.
- ☐ How to butterfly the pork loin:
- ☐ Place the pork loin roast fat side down on a cutting board. Note that one long side of the pork loin roast will be thicker, and one side thinner.
- ☐ Using a sharp knife, make a long cut an inch or so from the edge from the thinner long side of the roast at about a 45° degree angle, stopping a half inch from reaching the bottom of the roast.
- ☐ Then angle the knife so that it is flat, parallel to the cutting board, and make slow, shallow cuts into the roast, along the same line.
- ☐ As you cut, you can open up the top part of the roast like a book. Keep making slow, even cuts until you have "rolled" the roast out completely.
- ☐ Pound the butterflied roast to an even thickness: With the pork roast unfolded, cover with 2 layers of plastic wrap.
- ☐ Pound with a meat mallet to flatten to a somewhat even thickness.

- ☐ Remove plastic wrap.
- ☐ Sprinkle the pork with salt and pepper and set aside.
- ☐ Make the filling:
- ☐ Place the panko and stock in a small bowl and stir to combine.
- ☐ Stir in the apples, walnuts, cranberries, shallots, maple syrup and rosemary.
- ☐ Spread the filling over surface of the pork, leaving an inch margin around all sides except for the fat layer side—with that side leave a 2-inch margin.
- ☐ Starting with the end of the roast rectangle that does not have the fat layer on the bottom, roll up the roast.
- ☐ Secure with kitchen string. Tie the roast in 1 to 2 inch intervals with cotton kitchen string.
- ☐ At this point you can wrap in plastic wrap and refrigerate if you are making ahead.
- ☐ the bottom of a roasting pan with cooking spray or a little olive oil.
- ☐ Place the roast in the pan and cook at 450°F for 15 minutes to brown the top, then reduce the oven temperature to 325°F. Cook uncovered, for about 30 to 40 minutes, or until the pork reaches an internal temperature of 140°F.
- ☐ Rest and serve: Tent the roast with foil and let it rest for 10 minutes.
- ☐ Remove the kitchen string and slice into 1/2-inch thick slices to serve.
- ☐ Save the pan drippings!
- ☐ Serve with pan drippings or use the pan drippings to make gravy. See How to Make Gravy.

## Nutrition Facts



## Properties

Glycemic Index:31.42, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:27.061739487493%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg  
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin:  
0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin:  
1.14mg

Nutrients (% of daily need)

Calories: 441.36kcal (22.07%), Fat: 14.28g (21.98%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 22.68g (7.56%),  
Net Carbohydrates: 20.66g (7.51%), Sugar: 12.87g (14.3%), Cholesterol: 143.48mg (47.83%), Sodium: 401.87mg  
(17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.79g (107.57%), Selenium: 66.01µg (94.3%), Vitamin  
B6: 1.82mg (90.79%), Vitamin B1: 1.14mg (75.71%), Vitamin B3: 14.1mg (70.48%), Phosphorus: 561.79mg (56.18%),  
Vitamin B2: 0.58mg (34.18%), Zinc: 4.54mg (30.29%), Potassium: 989.24mg (28.26%), Manganese: 0.53mg  
(26.43%), Vitamin B12: 1.19µg (19.8%), Magnesium: 78.73mg (19.68%), Vitamin B5: 1.83mg (18.32%), Copper: 0.29mg  
(14.37%), Iron: 2.07mg (11.52%), Fiber: 2.02g (8.08%), Vitamin D: 0.91µg (6.05%), Folate: 21.03µg (5.26%), Calcium:  
47.88mg (4.79%), Vitamin E: 0.54mg (3.58%), Vitamin C: 1.9mg (2.3%), Vitamin K: 1.86µg (1.77%)