



Dandelion-Stuffed Pork Loin

READY IN



82 min.

SERVINGS



14

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound pork loin roast boneless trimmed
- 2 teaspoons butter
- 0.3 cup chardonnay dry white
- 2 tablespoons cornstarch
- 21 ounce dandelion greens trimmed (6 cups)
- 0.5 cup dates pitted chopped
- 1.5 tablespoons rosemary fresh chopped
- 8 garlic cloves minced
- 0.8 teaspoon kosher salt

- 1 cup lower-sodium chicken broth fat-free
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.3 pound pancetta thinly sliced
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 cup raisins
- 1 tablespoon water
- 0.3 cup muscadine wine sweet
- 0.5 cup muscadine wine sweet

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- plastic wrap
- kitchen thermometer
- aluminum foil
- meat tenderizer
- kitchen twine

Directions

- Preheat oven to 45
- To prepare pork, heat a large skillet over medium heat.
- Add oil to pan; swirl to coat.
- Add onion and garlic; saut 3 minutes.

- Add greens and next 3 ingredients (through raisins); cover and cook 4 minutes or until greens wilt, stirring occasionally. Uncover, and cook 3 minutes or until liquid evaporates.
- Place greens mixture in a food processor; pulse 3 times or until chopped.
- Transfer mixture to a bowl.
- Add breadcrumbs, rosemary, and salt, tossing to combine.
- Cut horizontally through center of pork, cutting to, but not through, other side using a sharp knife; open flat as you would a book.
- Place pork between 2 sheets of plastic wrap; pound to an even thickness using a meat mallet or small heavy skillet.
- Layer pancetta over pork.
- Spread dandelion stuffing over pork, leaving a 1/2-inch margin around outside edges.
- Roll up pork, jelly-roll fashion, starting with short side. Secure at 2-inch intervals with twine.
- Place pork in a shallow pan coated with cooking spray.
- Bake at 450 for 15 minutes. Reduce oven temperature to 325; bake 30 minutes or until a thermometer inserted in center registers 14
- Transfer pork to a platter, reserving drippings in pan. Cover pork with foil, and let stand 15 minutes.
- To prepare sauce, stir broth, 1/4 cup muscadine wine, and white wine into pan drippings, scraping pan to loosen browned bits.
- Pour wine mixture into a small saucepan.
- Combine cornstarch and 1 tablespoon water in a small bowl.
- Add cornstarch mixture to broth mixture; bring to a boil. Cook 1 minute, stirring constantly.
- Remove from heat; stir in butter.
- Cut pork into 14 slices.
- Serve with sauce.

Nutrition Facts

 PROTEIN **40.47%**  FAT **37.66%**  CARBS **21.87%**

Properties

Glycemic Index:18.77, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:25.906087087548%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 300.79kcal (15.04%), Fat: 12.06g (18.55%), Saturated Fat: 3.63g (22.72%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 13.3g (4.84%), Sugar: 4.3g (4.78%), Cholesterol: 80.1mg (26.7%), Sodium: 353.81mg (15.38%), Alcohol: 1.78g (100%), Alcohol %: 1% (100%), Protein: 29.15g (58.31%), Vitamin K: 332.59µg (316.75%), Vitamin A: 4349.8IU (87%), Vitamin B6: 1.05mg (52.41%), Selenium: 35.39µg (50.56%), Vitamin B1: 0.67mg (44.47%), Vitamin B3: 7.72mg (38.59%), Phosphorus: 319.12mg (31.91%), Vitamin B2: 0.36mg (21.44%), Potassium: 745.47mg (21.3%), Vitamin C: 16.05mg (19.45%), Zinc: 2.48mg (16.53%), Manganese: 0.27mg (13.73%), Iron: 2.43mg (13.53%), Magnesium: 54.07mg (13.52%), Vitamin E: 1.97mg (13.13%), Vitamin B12: 0.65µg (10.81%), Calcium: 103.18mg (10.32%), Vitamin B5: 1.02mg (10.23%), Fiber: 2.45g (9.8%), Copper: 0.18mg (9.12%), Folate: 18.71µg (4.68%), Vitamin D: 0.5µg (3.31%)