



Dried Plum-Stuffed Pork Loin in Sweet Sherry Sauce (Lomo Relleno)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 peppercorns black
- ☐ 0.3 cup cream sherry
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh divided minced

- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves unpeeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 pound pork tenderloins trimmed
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup roasted piquillo peppers sliced
- ☐ 12 bite-sized plums dried pitted
- ☐ 1.5 cups vidalia sweet vertically sliced

Equipment

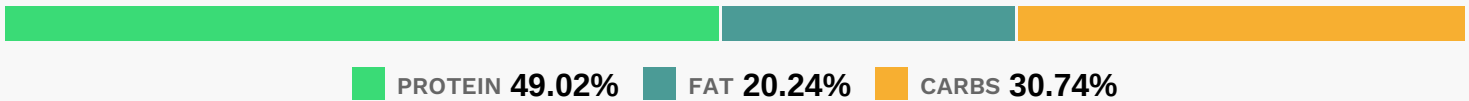
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 40
- ☐ Cut 1 pork tenderloin in half lengthwise, cutting to, but not through, other side; open halves, laying the pork flat.
- ☐ Cut each half lengthwise, cutting to, but not through, other side; open halves, laying pork flat. Repeat the procedure with remaining tenderloin.
- ☐ Sprinkle inside of tenderloins with 1 tablespoon parsley, 1/2 teaspoon salt, black pepper, and minced garlic. Top each tenderloin with 6 dried plums and 2 tablespoons piquillo peppers.
- ☐ Roll up each pork tenderloin, jelly-roll fashion, starting at long side. Secure pork at 2-inch intervals with twine; dust with flour.
- ☐ Heat oil in a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add pork; cook 6 minutes on each side or until browned.

- ☐
- Add the remaining 1 tablespoon of parsley, onion, peppercorns, unpeeled garlic, and bay leaf; saut 2 minutes. Stir in broth, sherry, and cumin. Wrap the handle of pan with foil, and transfer pan to oven. Cover and bake at 400 for 25 minutes or until a thermometer registers 160 (slightly pink).
- ☐
- Transfer pork to a platter; let stand 5 minutes.
- ☐
- Cut pork into 3/4-inch-thick slices, and sprinkle with remaining 1/4 teaspoon salt.
- ☐
- Remove whole garlic cloves; squeeze to extract pulp. Stir into pan juices (discard garlic skins and bay leaf).
- ☐
- Serve pan juices with pork.

Nutrition Facts



Properties

Glycemic Index:36.21, Glycemic Load:4.51, Inflammation Score:-6, Nutrition Score:19.273478197015%

Flavonoids

Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg, Cyanidin: 5.57mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg, Peonidin: 0.31mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg, Epicatechin 3-gallate: 0.75mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 211.8kcal (10.59%), Fat: 4.58g (7.05%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 13.88g (5.05%), Sugar: 11.65g (12.94%), Cholesterol: 73.71mg (24.57%), Sodium: 341.07mg (14.83%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 24.98g (49.96%), Vitamin B1: 1.18mg (78.95%), Selenium: 35.79µg (51.12%), Vitamin B6: 0.97mg (48.57%), Vitamin B3: 8.18mg (40.9%), Phosphorus: 311mg (31.1%), Vitamin B2: 0.43mg (25.33%), Vitamin K: 24.13µg (22.98%), Vitamin C: 16.98mg (20.58%), Potassium: 668.44mg (19.1%), Zinc:

2.33mg (15.56%), Vitamin B5: 1.15mg (11.55%), Magnesium: 43mg (10.75%), Vitamin A: 503.1IU (10.06%), Vitamin B12: 0.6µg (9.95%), Iron: 1.77mg (9.81%), Copper: 0.19mg (9.32%), Manganese: 0.15mg (7.55%), Fiber: 1.78g (7.13%), Vitamin E: 0.78mg (5.19%), Folate: 15.37µg (3.84%), Calcium: 24.36mg (2.44%), Vitamin D: 0.23µg (1.51%)