



Festive Pork Loin Roast

 Dairy Free

READY IN



105 min.

SERVINGS



14

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons bourbon
- 1 cup chicken broth
- 1 juice of lemon
- 14 servings mushroom sauce
- 14 servings garnishes: decoratively cut orange fresh
- 1 cup pecans chopped
- 1 teaspoon pepper
- 8 pound center pork loins boneless cut

- 1 teaspoon salt
- 14 servings sausage stuffing
- 3 slices bread white

Equipment

- food processor
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Cut pork loins in half lengthwise; sprinkle pork with salt and pepper.
- Spoon 2 cups of Sausage Stuffing evenly on each bottom half.
- Place each top half over stuffing, and tie firmly with kitchen string.
- Pulse together bread, pecans, and bourbon in a food processor 6 times or until crumbly.
- Spread half bread mixture evenly over top of each roast.
- Place roasts on a rack in a roasting pan.
- Pour chicken broth and lemon juice into bottom of pan.
- Bake, covered with aluminum foil, at 425 for 30 minutes.
- Remove foil, and bake 30 more minutes or until a meat thermometer reaches 16
- Let stand 15 minutes before slicing.
- Serve with Mushroom Sauce.
- Garnish, if desired.

Nutrition Facts



PROTEIN 23.25% FAT 69.35% CARBS 7.4%

Properties

Glycemic Index:16.73, Glycemic Load:5.53, Inflammation Score:-6, Nutrition Score:29.948695653483%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 24.84mg, Hesperetin: 24.84mg, Hesperetin: 24.84mg, Hesperetin: 24.84mg Naringenin: 13.82mg, Naringenin: 13.82mg, Naringenin: 13.82mg, Naringenin: 13.82mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 804.77kcal (40.24%), Fat: 61.14g (94.07%), Saturated Fat: 21.03g (131.44%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.16g (10.17%), Cholesterol: 187.68mg (62.56%), Sodium: 405.58mg (17.63%), Alcohol: 1.07g (100%), Alcohol %: 0.35% (100%), Protein: 46.13g (92.26%), Vitamin B1: 2.06mg (137.47%), Selenium: 65.92µg (94.17%), Vitamin C: 50.64mg (61.38%), Vitamin B3: 11.97mg (59.84%), Vitamin B6: 1.07mg (53.68%), Phosphorus: 497.22mg (49.72%), Zinc: 6.21mg (41.39%), Vitamin B2: 0.68mg (40.23%), Vitamin B12: 1.83µg (30.44%), Potassium: 957.87mg (27.37%), Manganese: 0.46mg (22.91%), Vitamin B5: 2.08mg (20.8%), Magnesium: 69.89mg (17.47%), Iron: 2.79mg (15.52%), Copper: 0.27mg (13.33%), Fiber: 3.08g (12.33%), Folate: 48.25µg (12.06%), Calcium: 90.7mg (9.07%), Vitamin A: 227.05IU (4.54%), Vitamin E: 0.3mg (1.97%)