



Fig-Balsamic Roasted Pork Loin

 Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 1 large purée of usa bartlett pear ripe peeled chopped
- 4 pound pork loin roast boneless
- 0.3 cup butter
- 0.5 cup chicken broth hot
- 0.3 cup figs dried chopped
- 11.5 ounce fig preserves
- 1 slices garnishes: figs dried fresh

- 0.3 cup flour all-purpose
- 1 tablespoon thyme leaves fresh minced
- 0.5 pound sausage meat
- 1 cup madeira wine
- 1 tablespoons cracked pepper
- 0.5 bell pepper red finely chopped
- 1 teaspoon salt
- 1.8 cups herb-seasoned stuffing mix

Equipment

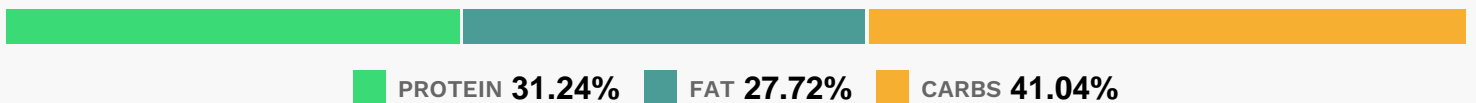
- frying pan
- sauce pan
- oven
- whisk
- plastic wrap
- roasting pan
- kitchen thermometer
- rolling pin
- meat tenderizer

Directions

- Cook sausage in a large skillet over medium-high heat, stirring often, 4 to 5 minutes or until lightly browned.
- Drain well. Stir together sausage, stuffing mix, and next 5 ingredients. Set aside.
- Butterfly pork loin roast by making a lengthwise cut down center of 1 flat side, cutting to within 1/2 inch of the bottom. (Do not cut all the way through roast.) Open roast, forming a rectangle, and place between 2 sheets of heavy-duty plastic wrap. Flatten to 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle evenly with salt and pepper. Spoon sausage mixture evenly over pork loin roast, leaving a 1/2-inch border.

- Roll up roast, and tie with string at 1 1/2-inch intervals.
- Place roast, seam side down, in a greased shallow roasting pan.
- Bake at 375 for 55 to 60 minutes or until a meat thermometer inserted into thickest portion registers 14
- Remove roast from pan, reserving drippings in pan.
- Stir together fig preserves, Madeira, and balsamic vinegar. Spoon half of preserves mixture evenly over roast.
- Bake at 375 for 20 to 30 more minutes or until meat thermometer registers 16
- Let roast stand 15 minutes before slicing.
- Melt butter in a medium saucepan; whisk in flour until smooth. Cook, whisking constantly, 3 minutes.
- Whisk in reserved pan drippings and remaining fig preserves mixture, and cook over medium-high heat 5 minutes.
- Serve sauce with roast; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:16.38, Inflammation Score:-8, Nutrition Score:29.038260750149%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 664.77kcal (33.24%), Fat: 19.57g (30.11%), Saturated Fat: 5.59g (34.93%), Carbohydrates: 65.18g (21.73%), Net Carbohydrates: 61.85g (22.49%), Sugar: 24.85g (27.61%), Cholesterol: 131.28mg (43.76%), Sodium: 1158.09mg (50.35%), Alcohol: 2.47g (100%), Alcohol %: 0.87% (100%), Protein: 49.62g (99.23%), Selenium: 72µg (102.86%), Vitamin B6: 1.56mg (77.77%), Vitamin B1: 1.16mg (77.21%), Vitamin B3: 14.27mg (71.36%), Phosphorus: 522.58mg (52.26%), Vitamin B2: 0.61mg (35.68%), Zinc: 4.31mg (28.74%), Potassium: 972.01mg (27.77%), Manganese: 0.46mg

(23.07%), Folate: 84.35µg (21.09%), Magnesium: 79.6mg (19.9%), Iron: 3.56mg (19.79%), Vitamin B12: 1.13µg (18.91%), Vitamin B5: 1.77mg (17.67%), Vitamin C: 12.84mg (15.56%), Copper: 0.3mg (15.22%), Fiber: 3.34g (13.34%), Vitamin A: 450.9IU (9.02%), Calcium: 79.64mg (7.96%), Vitamin D: 1.02µg (6.8%), Vitamin E: 0.8mg (5.36%), Vitamin K: 3.57µg (3.4%)