



Fruit and Walnut-Stuffed Pork Loin

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cherries dried sour
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup apricot dried chopped
- ☐ 0.3 cup prune- cut to pieces dried chopped
- ☐ 0.5 cup wine dry red
- ☐ 2 ounce bread french
- ☐ 1 teaspoon thyme sprigs fresh chopped

- ☐ 2 garlic clove minced
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2.5 pound pork loin boneless trimmed
- ☐ 1.3 teaspoons salt divided
- ☐ 2 tablespoons shallots chopped
- ☐ 2 tablespoons triple sec orange-flavored (liqueur)
- ☐ 0.3 cup walnut pieces finely chopped

Equipment

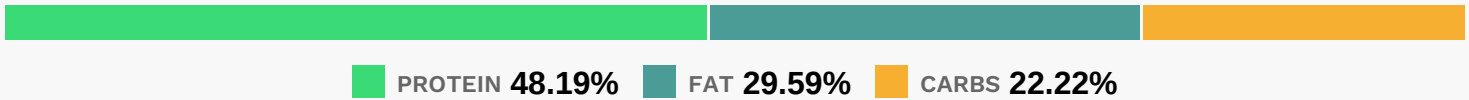
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a medium microwave-safe bowl; microwave at HIGH 2 minutes.
- ☐ Let stand 10 minutes or until fruit is plump.
- ☐ Drain mixture through a sieve, reserving fruit mixture.
- ☐ Combine fruit mixture, walnuts, shallots, 1/4 teaspoon salt, and rind.
- ☐ Combine 3/4 teaspoon salt, French bread, and next 3 ingredients (through garlic) in a food processor; process until fine crumbs form.
- ☐ Cut pork in half lengthwise, cutting to, but not through, other side; open halves, laying the pork flat. Starting from center, cut each half lengthwise, cutting to, but not through, other side; open halves, laying pork flat. Cover with plastic wrap; pound to an even thickness. Discard plastic wrap.

- ☐ Spread fruit mixture over pork, leaving a 1/2-inch border.
- ☐ Roll up pork, jelly-roll fashion, starting with one long side. Secure with wooden picks.
- ☐ Sprinkle outside of pork evenly with remaining 1/4 teaspoon salt; brush evenly with mustard.
- ☐ Sprinkle breadcrumb mixture over pork; press gently to adhere.
- ☐ Place pork on a broiler pan coated with cooking spray.
- ☐ Bake at 400 for 55 minutes or until a meat thermometer inserted in the thickest part registers 15
- ☐ Let pork stand 10 minutes.
- ☐ Remove wooden picks.
- ☐ Cut into 16 (1/2-inch-thick) slices.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:41.49, Glycemic Load:4.75, Inflammation Score:-6, Nutrition Score:17.66260890857%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 302.83kcal (15.14%), Fat: 9.3g (14.3%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.87g (5.04%), Sugar: 8.13g (9.03%), Cholesterol: 89.3mg (29.77%), Sodium: 518.72mg (22.55%), Alcohol: 2.55g (100%), Alcohol %: 1.66% (100%), Protein: 34.07g (68.15%), Selenium: 43.06µg (61.52%), Vitamin B6: 1.14mg (57.13%), Vitamin B1: 0.71mg (47.25%), Vitamin B3: 8.79mg (43.95%), Phosphorus: 357.18mg (35.72%), Zinc: 2.87mg (19.11%), Potassium: 667.59mg (19.07%), Vitamin B2: 0.32mg (18.91%), Manganese: 0.29mg (14.43%), Magnesium: 53.51mg (13.38%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.18mg (11.77%), Copper: 0.21mg (10.55%),

Iron: 1.56mg (8.68%), Fiber: 1.84g (7.37%), Vitamin A: 339.44IU (6.79%), Folate: 15.39µg (3.85%), Vitamin D: 0.57µg (3.78%), Vitamin K: 3.73µg (3.56%), Vitamin E: 0.45mg (2.99%), Calcium: 29.9mg (2.99%), Vitamin C: 1.15mg (1.39%)