



Fruit and Walnut-Stuffed Pork Loin

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



294 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 leaves fresh chopped

- ☐ 2 garlic 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 walnuts finely chopped

Equipment

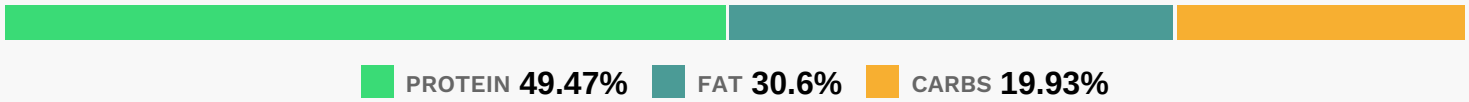
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ microwave
- ☐ broiler pan

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:44.24, Glycemic Load:4.88, Inflammation Score:0, Nutrition Score:17.551304589147%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg 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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 293.5kcal (14.67%), Fat: 9.31g (14.32%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.06g (4.39%), Sugar: 6.72g (7.46%), Cholesterol: 89.3mg (29.77%), Sodium: 518.11mg (22.53%), Alcohol: 2.55g (100%), Alcohol %: 1.66% (100%), Protein: 33.85g (67.7%), Selenium: 43.06µg (61.52%), Vitamin B6:

1.14mg (57.24%), Vitamin B1: 0.71mg (47.33%), Vitamin B3: 8.8mg (43.98%), Phosphorus: 358.08mg (35.81%), Potassium: 677.16mg (19.35%), Zinc: 2.87mg (19.13%), Vitamin B2: 0.32mg (18.99%), Manganese: 0.29mg (14.58%), Magnesium: 53.99mg (13.5%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.19mg (11.85%), Copper: 0.21mg (10.68%), Iron: 1.52mg (8.43%), Fiber: 1.58g (6.31%), Vitamin A: 207.73IU (4.15%), Folate: 15.57µg (3.89%), Vitamin D: 0.57µg (3.78%), Vitamin K: 3.82µg (3.64%), Vitamin E: 0.45mg (3.01%), Calcium: 27.05mg (2.7%), Vitamin C: 1.45mg (1.76%)