



Harvest Stuffed Pork Loin

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



4075 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 apples peeled chopped
- 3 Tbsp cranberries dried
- 1 cup planters pecans toasted chopped
- 0.5 tsp pepper
- 4 lb pork loin
- 1 Tbsp sage leaves dried
- 0.5 tsp salt
- 6 oz stove top stuffing mix for chicken

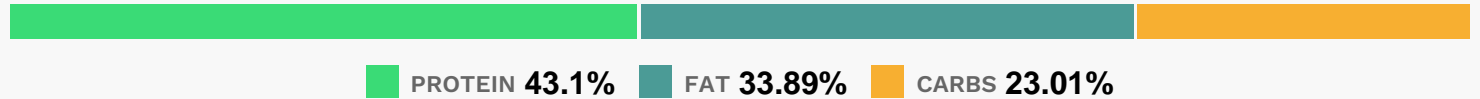
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Prepare stuffing as directed on package.
- Remove from heat; gently stir in fruit, nuts and sage.
- Open meat; place cut-sides up, on work surface. Top with stuffing; roll up, starting at one long side.
- Place, seam-side down, on foil-covered baking sheet sprayed with cooking spray. Season with salt and pepper.
- Bake 45 min. or until meat is done (160F).
- Let stand 10 min. before slicing.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:76.176087109939%

Flavonoids

Cyanidin: 16.62mg, Cyanidin: 16.62mg, Cyanidin: 16.62mg, Cyanidin: 16.62mg Delphinidin: 7.25mg, Delphinidin: 7.25mg, Delphinidin: 7.25mg, Delphinidin: 7.25mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 11.9mg, Catechin: 11.9mg, Catechin: 11.9mg, Catechin: 11.9mg Epigallocatechin: 6.52mg, Epigallocatechin: 6.52mg, Epigallocatechin: 6.52mg, Epigallocatechin: 6.52mg Epicatechin: 28.22mg, Epicatechin: 28.22mg, Epicatechin: 28.22mg, Epicatechin: 28.22mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 2.97mg, Epigallocatechin 3-gallate: 2.97mg, Epigallocatechin 3-gallate: 2.97mg, Epigallocatechin 3-gallate: 2.97mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg

Kaempferol: 0.51mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 16.62mg, Quercetin: 16.62mg, Quercetin: 16.62mg, Quercetin: 16.62mg

Nutrients (% of daily need)

Calories: 4074.74kcal (203.74%), Fat: 152.17g (234.11%), Saturated Fat: 30.52g (190.77%), Carbohydrates: 232.53g (77.51%), Net Carbohydrates: 205.78g (74.83%), Sugar: 88.53g (98.37%), Cholesterol: 1144.75mg (381.58%), Sodium: 4448.03mg (193.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 435.41g (870.81%), Copper: 20.97mg (1048.27%), Selenium: 588.31µg (840.44%), Vitamin B6: 14.33mg (716.71%), Vitamin B1: 9.79mg (652.76%), Vitamin B3: 115.79mg (578.95%), Phosphorus: 4643.83mg (464.38%), Manganese: 6.57mg (328.32%), Zinc: 39.04mg (260.29%), Vitamin B2: 4.33mg (254.42%), Potassium: 8060.71mg (230.31%), Magnesium: 691.5mg (172.88%), Vitamin B12: 9.29µg (154.79%), Vitamin B5: 15.38mg (153.82%), Iron: 20.17mg (112.07%), Fiber: 26.75g (107%), Folate: 318.63µg (79.66%), Vitamin D: 7.26µg (48.38%), Vitamin E: 6mg (40.01%), Calcium: 395.37mg (39.54%), Vitamin C: 17.92mg (21.72%), Vitamin K: 18.4µg (17.52%), Vitamin A: 260.87IU (5.22%)