



Italian Stuffed Pork Loin with Olive Relish

 **Gluten Free**  **Dairy Free**

READY IN

ready

255 min.

SERVINGS

servings

8

CALORIES

calories

411 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 10 ounce olives black pitted drained chopped canned
- ☐ 3 pounds pork loin boneless
- ☐ 4 cloves garlic
- ☐ 1 cup salad dressing italian
- ☐ 1 tablespoon olive oil
- ☐ 8 ounce olives spanish drained chopped
- ☐ 8 servings cracked pepper black to taste

- ☐ 10 pepperoncini peppers drained chopped
- ☐ 0.3 onion white chopped

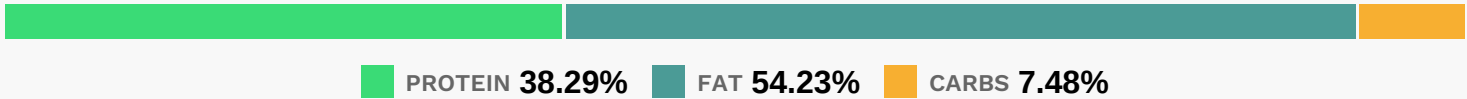
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Place pork in a shallow dish and coat with Italian dressing. Cover and refrigerate for two hours.
- ☐ For the relish, stir the black olives, green olives, garlic, onion, and peppers together in a bowl; stir in olive oil and balsamic vinegar. Cover and refrigerate until ready to use.
- ☐ When pork has finished marinating, preheat oven to 300 degrees F (150 degrees C).
- ☐ Slice the pork loin down the center lengthwise, cutting about 3/4 of the way through to the other side. Stuff full with the olive relish. Cover and bake in the preheated oven for about 2 hours, or until internal temperature has reached 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:21.36043467729%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 410.77kcal (20.54%), Fat: 24.68g (37.98%), Saturated Fat: 4.54g (28.35%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 5.02g (1.82%), Sugar: 4.02g (4.46%), Cholesterol: 107.16mg (35.72%), Sodium: 1372.33mg (59.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.43%), Vitamin B6: 1.39mg (69.52%), Selenium: 48.55µg (69.36%), Vitamin B1: 0.79mg (52.51%), Vitamin B3: 10.13mg (50.66%), Phosphorus: 397.24mg (39.72%), Vitamin E: 3.64mg (24.24%), Zinc: 3.16mg (21.09%), Potassium: 732.71mg (20.93%), Vitamin B2: 0.33mg

(19.53%), Vitamin K: 19.79µg (18.84%), Vitamin B12: 0.87µg (14.46%), Magnesium: 55.8mg (13.95%), Vitamin C: 11.18mg (13.55%), Vitamin B5: 1.33mg (13.3%), Fiber: 2.65g (10.58%), Copper: 0.2mg (9.99%), Iron: 1.42mg (7.9%), Vitamin A: 304.51IU (6.09%), Calcium: 51.38mg (5.14%), Vitamin D: 0.68µg (4.54%), Manganese: 0.08mg (3.83%), Folate: 6.25µg (1.56%)