



Pear and Cranberry Stuffed Pork Roast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



149 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 pound pork loin roast boneless trimmed
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced

- ☐ 0.3 cup onion sliced
- ☐ 1.5 cups pears peeled chopped (2)
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, thyme, sage, and garlic. Saut for 3 minutes or until onion is tender. Stir in broth, scraping pan to loosen browned bits. Cook for 5 minutes or until liquid is almost evaporated.
- ☐ Add the pear; cook for 5 minutes or until pear is lightly browned, stirring often.
- ☐ Add cranberries and apple juice; cook 5 minutes or until liquid is absorbed.
- ☐ Remove from heat; cool to room temperature.
- ☐ Preheat oven to 40
- ☐ Unroll roast; sprinkle both sides with salt and pepper.
- ☐ Spread the pear mixture over roast, leaving a 2-inch margin around the outside edges.
- ☐ Roll up roast, jelly-roll fashion, starting with short side. Secure at 1-inch intervals with twine.
- ☐ Place roast on the rack of a broiler pan or roasting pan coated with cooking spray.
- ☐ Bake at 400 for 15 minutes. Reduce heat to 325 (do not remove from oven); cook for 1 hour and 10 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Let stand for 10 minutes before slicing into 1-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:16.65, Glycemic Load:1.52, Inflammation Score:-2, Nutrition Score:9.9473913804345%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 149.3kcal (7.47%), Fat: 3.8g (5.84%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 6.56g (2.38%), Sugar: 5.35g (5.94%), Cholesterol: 57.15mg (19.05%), Sodium: 324.39mg (14.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.58g (41.16%), Selenium: 25.55µg (36.49%), Vitamin B6: 0.71mg (35.45%), Vitamin B1: 0.41mg (27.39%), Vitamin B3: 5.35mg (26.75%), Phosphorus: 211.44mg (21.14%), Zinc: 1.68mg (11.22%), Potassium: 389.87mg (11.14%), Vitamin B2: 0.18mg (10.74%), Vitamin B12: 0.49µg (8.09%), Vitamin B5: 0.72mg (7.22%), Magnesium: 26.85mg (6.71%), Fiber: 1.07g (4.29%), Copper: 0.08mg (4.19%), Manganese: 0.08mg (3.86%), Iron: 0.67mg (3.73%), Vitamin K: 2.59µg (2.47%), Vitamin D: 0.36µg (2.42%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.22mg (1.46%), Calcium: 12mg (1.2%)