



Pork Loin Stuffed with Cranberries and Rosemary

 **Gluten Free**

READY IN



35 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

Ingredients

- 1 teaspoon cornstarch
- 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible) divided
- 0.5 cup cranberries dried
- 2 tablespoons rosemary leaves fresh divided
- 1 teaspoon thyme sprigs fresh chopped
- 2 tablespoons olive oil divided
- 8 servings pepper freshly ground to taste

- 3 pound pork loin boneless
- 1 cup port wine
- 8 servings sea salt to taste
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- roasting pan
- wooden spoon
- kitchen thermometer

Directions

- Preheat oven to 350°F.
- Place cranberries in a small bowl; pour 1/2 cup cranberry juice over berries, and soak 10 minutes or until fruit is slightly plumped.
- Drain, if necessary.
- Trim pork loin of excess fat; rinse and pat dry. Slit 1 end of pork loin with tip of a small knife to make a 1/2-inch incision. Use a sharpening steel or handle of a wooden spoon to make a tunnel inside center of pork loin.
- Combine cranberries and 1 tablespoon rosemary; stuff mixture down tunnel, using spoon handle to push through center. If handle isn't long enough to go all the way through, stuff from both ends. Rub pork loin with 1 tablespoon olive oil, remaining 1 tablespoon rosemary, thyme, sea salt, and pepper.
- Heat remaining 1 tablespoon olive oil with butter in a heavy-duty roasting pan or large ovenproof skillet over medium heat. Saut pork loin, evenly on all sides, 7 to 8 minutes or until golden brown.

- Add port and remaining 1 cup cranberry juice; bring to a low boil, scraping any brown bits from bottom of pan.
- Bake at 350, basting several times, 40 to 45 minutes or until a meat thermometer inserted into center of pork registers 15
- Remove pork from oven, and place on serving platter.
- Let rest, loosely covered, 10 to 15 minutes. (Pork will continue to cook.)
- Remove pork to serving platter.
- Whisk together cornstarch and 1 teaspoon pan drippings.
- Heat remaining pan drippings over medium heat in heavy-duty roasting pan or large skillet.
- Whisk in cornstarch mixture. Bring to a boil, whisking constantly; boil 1 minute. Spoon over pork just before serving.

Nutrition Facts

PROTEIN 46.8% **FAT 32.93%** **CARBS 20.27%**

Properties

Glycemic Index:16.63, Glycemic Load:3.24, Inflammation Score:-6, Nutrition Score:18.514782597189%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 363.28kcal (18.16%), Fat: 12.01g (18.47%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 16.05g (5.83%), Sugar: 13.58g (15.08%), Cholesterol: 110.92mg (36.97%), Sodium: 281.62mg (12.24%), Alcohol: 4.59g (100%), Alcohol %: 2.22% (100%), Protein: 38.4g (76.8%), Selenium: 47.39µg (67.7%), Vitamin B6: 1.31mg (65.73%), Vitamin B1: 0.76mg (50.98%), Vitamin B3: 9.93mg (49.66%), Phosphorus: 393.4mg (39.34%), Zinc: 3.15mg (21%), Potassium: 710.7mg (20.31%), Vitamin B2: 0.34mg (19.81%), Vitamin B12: 0.87µg (14.51%), Vitamin B5: 1.3mg (13.02%), Magnesium: 51.15mg (12.79%), Vitamin E: 1.5mg (9.97%), Copper: 0.15mg

(7.39%), Iron: 1.25mg (6.93%), Vitamin C: 4.94mg (5.98%), Vitamin K: 5.39µg (5.13%), Vitamin D: 0.71µg (4.71%),
Manganese: 0.09mg (4.51%), Fiber: 0.58g (2.33%), Calcium: 19mg (1.9%), Vitamin A: 92.12IU (1.84%)