

health-score73%
HEALTH SCORE

Pork Loin Stuffed with Spinach

 Dairy Free  Very Healthy

READY IN

ready

145 min.

SERVINGS

servings

5

CALORIES

calories

458 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs dry
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 clove garlic
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons catsup
- ☐ 3 tablespoons butter
- ☐ 0.5 cup onion diced
- ☐ 0.3 cup orange juice

- ☐ 3 pounds pork tenderloin
- ☐ 2 tablespoons teriyaki sauce

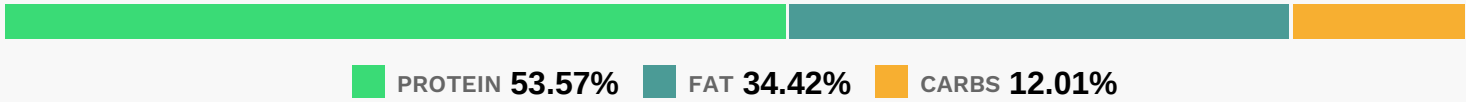
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Saute spinach, butter, onions and garlic over medium heat until soft.
- ☐ Add bread crumbs.
- ☐ Cut tenderloin in half lengthwise. Stuff with spinach mixture and secure with kitchen twine.
- ☐ In a bowl, mix ketchup, orange juice and teriyaki sauce. Baste tenderloin with 1/2 of the mixture.
- ☐ Sprinkle pork with cumin.
- ☐ Place in shallow roaster and bake at 350 degrees uncovered for one hour. Baste with reserved marinade and cook one more hour covered. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:45.266956308614%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg,

Naringenin: 0.27mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg,
Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 457.96kcal (22.9%), Fat: 17.17g (26.41%), Saturated Fat: 4.74g (29.63%), Carbohydrates: 13.48g (4.49%),
Net Carbohydrates: 11.16g (4.06%), Sugar: 4.84g (5.38%), Cholesterol: 176.9mg (58.97%), Sodium: 646.78mg
(28.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.12g (120.24%), Vitamin K: 211.67µg (201.59%),
Vitamin B1: 2.82mg (188.01%), Vitamin A: 7012.93IU (140.26%), Selenium: 87.99µg (125.7%), Vitamin B6: 2.24mg
(111.91%), Vitamin B3: 19.02mg (95.08%), Phosphorus: 724.24mg (72.42%), Vitamin B2: 1.1mg (64.74%), Potassium:
1370.59mg (39.16%), Zinc: 5.58mg (37.19%), Magnesium: 128.37mg (32.09%), Manganese: 0.55mg (27.42%), Folate:
97.92µg (24.48%), Iron: 4.4mg (24.47%), Vitamin B5: 2.44mg (24.42%), Vitamin B12: 1.45µg (24.15%), Copper:
0.37mg (18.49%), Vitamin E: 2.61mg (17.41%), Vitamin C: 10.97mg (13.29%), Calcium: 115.86mg (11.59%), Fiber: 2.32g
(9.3%), Vitamin D: 0.82µg (5.44%)