



Pork Loin with Apricot-Rosemary Glaze



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



10

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb pork loin
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup apricot preserves
- ☐ 0.3 cup apple juice dry
- ☐ 2 teaspoons rosemary dried crumbled
- ☐ 2 cloves garlic finely chopped

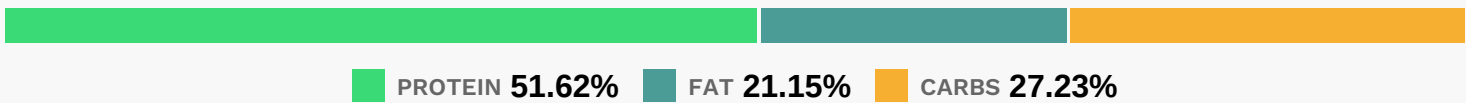
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Trim fat from pork.
- ☐ Place pork in 13x9-inch glass baking dish.
- ☐ Sprinkle with salt and pepper.
- ☐ In 10-inch skillet, heat preserves, sherry, rosemary and garlic over medium heat, stirring frequently, until thickened. If necessary, mash apricot pieces with fork into small pieces. Spoon 1/4 cup apricot mixture onto pork (reserve remaining apricot mixture). Insert meat thermometer so tip is in center of thickest part of pork.
- ☐ Bake uncovered 1 hour 15 minutes to 1 hour 30 minutes or until thermometer reads 155°F. Cover pork with foil; let stand 15 to 20 minutes or until thermometer reads 160°F. (Temperature will continue to rise about 5°F, and pork will be easier to carve.)
- ☐ Cut pork into slices.
- ☐ Heat remaining apricot mixture; serve with pork.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:13.846521735839%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 240.81kcal (12.04%), Fat: 5.59g (8.6%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 16.06g (5.84%), Sugar: 10.87g (12.08%), Cholesterol: 85.73mg (28.58%), Sodium: 309.06mg (13.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.37%), Selenium: 38.26µg (54.66%), Vitamin B6: 1.04mg (52.06%), Vitamin B1: 0.61mg (40.37%), Vitamin B3: 7.84mg (39.18%), Phosphorus: 308.33mg (30.83%), Zinc: 2.47mg (16.49%), Vitamin B2: 0.26mg (15.39%), Potassium: 536.72mg (15.33%), Vitamin B12: 0.69µg (11.57%), Vitamin B5: 1.03mg (10.26%), Magnesium: 36.92mg (9.23%), Copper: 0.11mg (5.3%), Iron: 0.88mg (4.89%), Vitamin D: 0.54µg (3.63%), Vitamin C: 2.34mg (2.83%), Manganese: 0.04mg (2.05%), Vitamin E: 0.21mg (1.4%), Calcium: 13.74mg (1.37%)