



Pork Loin with Dried-Plum Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup celery finely chopped
- 1 tablespoon dijon mustard
- 1 cup prune- cut to pieces dried finely chopped
- 1.5 cups fat-skimmed beef broth fat-free divided
- 1 tablespoon flour all-purpose

- 2 tablespoons parsley fresh minced
- 1 tablespoon rosemary leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 2 garlic minced
- 0.3 cup orange juice fresh (1 orange)
- 1 tablespoon orange zest grated
- 0.3 cup pecans finely chopped
- 2 pound pork loin trimmed
- 0.3 cup port wine
- 1.3 cups onion red finely chopped
- 0.3 teaspoon salt
- 0.3 teaspoon salt
- 0.5 teaspoon salt

Equipment

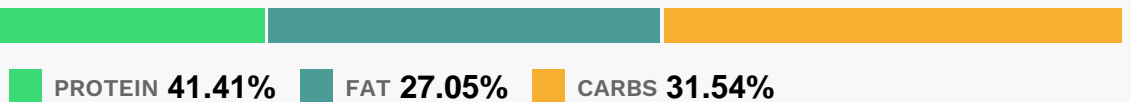
- frying pan
- oven
- whisk
- plastic wrap
- roasting pan
- kitchen thermometer
- rolling pin
- cutting board
- meat tenderizer
- broiler pan
- kitchen twine

Directions

- Preheat oven to 42

- To prepare stuffing, heat a large skillet coated with cooking spray over medium heat.
- Add onion, celery, and garlic; cook 7 minutes or until tender, stirring frequently.
- Remove from heat. Stir in dried plums and next 8 ingredients (dried plums through 1/4 teaspoon pepper); set aside.
- Slice pork lengthwise, cutting to, but not through, other side. Open halves, laying pork flat.
- Place plastic wrap over pork; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- Spread stuffing over pork, leaving a 1-inch border.
- Roll up tightly; secure at 1 1/2-inch intervals with twine. Rub pork with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place pork on a rack in a broiler pan coated with cooking spray.
- Bake at 425 for 40 minutes or until a meat thermometer inserted in center of pork registers 155, turning the pork after 20 minutes.
- Place pork on a cutting board; let stand 10 minutes.
- Cut into thin slices.
- To prepare sauce, whisk together the flour and 1/4 cup broth.
- Place roasting pan over medium heat.
- Add port, stirring to loosen browned bits.
- Whisk in flour mixture, mustard, and 1 1/4 cups broth. Cook 2 minutes or until slightly thick, stirring frequently with a whisk. Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Serve with pork.
- Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:5.25, Inflammation Score:0, Nutrition Score:17.627391276152%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg

Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg, Malvidin: 7.11mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 267.49kcal (13.37%), Fat: 7.9g (12.16%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 20.72g (6.91%), Net Carbohydrates: 17.78g (6.47%), Sugar: 11.01g (12.23%), Cholesterol: 71.44mg (23.81%), Sodium: 549.16mg (23.88%), Alcohol: 1.15g (100%), Alcohol %: 0.61% (100%), Protein: 27.22g (54.43%), Vitamin B6: 0.97mg (48.64%), Selenium: 33.85µg (48.36%), Vitamin B1: 0.58mg (38.69%), Vitamin B3: 7.42mg (37.09%), Phosphorus: 303.76mg (30.38%), Vitamin K: 31.75µg (30.24%), Potassium: 713.83mg (20.4%), Manganese: 0.38mg (19.03%), Vitamin B2: 0.29mg (17.32%), Zinc: 2.46mg (16.37%), Magnesium: 52.57mg (13.14%), Vitamin C: 10.27mg (12.44%), Fiber: 2.94g (11.77%), Vitamin B5: 1.12mg (11.18%), Vitamin B12: 0.66µg (11.06%), Copper: 0.22mg (10.95%), Iron: 1.42mg (7.9%), Vitamin A: 355.08IU (7.1%), Folate: 16.17µg (4.04%), Calcium: 40.2mg (4.02%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.34mg (2.29%)