



Pork Loin with Olivada, Spinach, and Rice Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 garlic cloves crushed
- ☐ 0.8 cup jasmine rice uncooked
- ☐ 0.5 cup kalamata olives pitted finely chopped
- ☐ 0.8 cup kosher salt

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons lemon rind grated
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 3.5 pound center-cut pork loin roast boneless trimmed
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 8 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ cutting board
- ☐ meat tenderizer
- ☐ broiler pan
- ☐ kitchen twine

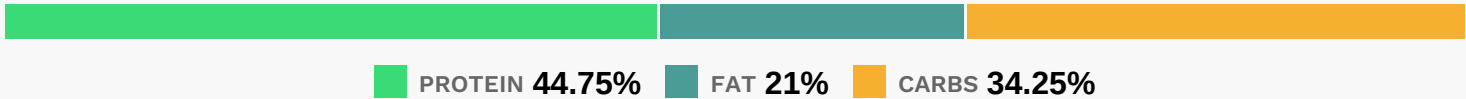
Directions

- ☐ To brine pork, combine first 6 ingredients in a large nonaluminum bowl or pan, stirring until sugar and salt dissolve; add pork. Cover and refrigerate 8 hours or overnight.
- ☐ Remove pork from brine; discard brine.
- ☐ Preheat oven to 32
- ☐ Starting off-center, slice pork lengthwise, cutting to, but not through, other side. Open uneven portions, laying pork flat. Turning knife blade parallel to surface of cutting board, slice larger

portion of pork in half horizontally, cutting to, but not through, other side; open flat.

- ☐ Place plastic wrap over pork; pound to an even thickness using a meat mallet or rolling pin. Refrigerate until ready to use.
- ☐ To prepare stuffing, cook rice according to package directions, omitting salt and fat.
- ☐ Add spinach and 1/2 teaspoon salt to hot rice, stirring until the spinach wilts. Stir in olives, red pepper, 1 teaspoon rind, and juice.
- ☐ Spread rice mixture over pork, leaving a 1/2-inch border around outside edges.
- ☐ Roll up pork, jelly-roll fashion, starting with a long side. Secure both ends with twine; secure middle at 2-inch intervals with twine. Rub black pepper over pork.
- ☐ Place pork on a broiler pan.
- ☐ Bake at 325 for 1 hour and 20 minutes or until a thermometer registers 15
- ☐ Let pork stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.19, Glycemic Load:14.47, Inflammation Score:-9, Nutrition Score:21.020434908245%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 6.49g (9.98%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 22.49g (8.18%), Sugar: 12.7g (14.11%), Cholesterol: 83.35mg (27.78%), Sodium: 7345.8mg (319.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.11g (62.22%), Vitamin K: 74.74µg (71.18%), Selenium: 38.85µg (55.51%), Vitamin B6: 1.07mg (53.47%), Vitamin B1: 0.61mg (40.72%), Vitamin B3: 7.97mg (39.87%), Phosphorus: 321.63mg (32.16%), Vitamin A: 1418.28IU (28.37%), Manganese: 0.4mg (19.89%), Zinc: 2.66mg (17.77%), Potassium: 616.4mg (17.61%), Vitamin B2: 0.29mg (17.12%), Magnesium: 54.57mg (13.64%), Vitamin B5: 1.14mg (11.37%), Vitamin B12: 0.67µg (11.25%), Iron: 1.69mg (9.38%), Copper: 0.18mg (8.77%), Folate: 31.03µg (7.76%), Vitamin C: 5.99mg (7.26%), Vitamin E: 0.91mg (6.08%), Calcium: 54.7mg (5.47%), Fiber: 1.32g (5.29%), Vitamin D: 0.53µg (3.53%)