



Pork Roast With Hopping John Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon
- ☐ 0.5 teaspoon pepper black
- ☐ 2.5 pounds pork loin boneless trimmed
- ☐ 30 ounce black-eyed peas rinsed drained canned
- ☐ 3 cups rice long-grain hot cooked
- ☐ 0.5 teaspoon creole seasoning
- ☐ 1 teaspoon creole seasoning
- ☐ 4 garlic cloves minced

- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 teaspoon hot sauce
- ☐ 2 cups onion chopped
- ☐ 4 cups pkt spinach fresh chopped

Equipment

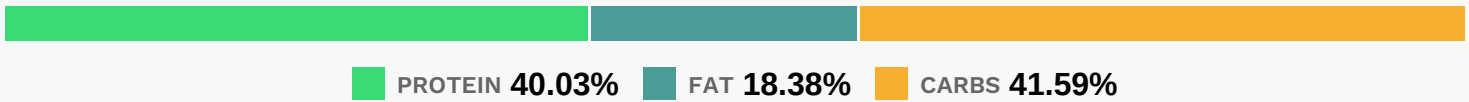
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cook bacon in a large skillet over mediumhigh heat until crisp.
- ☐ Remove bacon from pan, and crumble.
- ☐ Add onion, green pepper, and garlic to bacon drippings in pan; cook 5 minutes or until tender.
- ☐ Add spinach, and cook 1 minute or until spinach wilts. Stir in rice and next 4 ingredients. Keep warm.
- ☐ Make a cut lengthwise down the center of pork, cutting to, but not through bottom. Starting from center cut, slice horizontally toward one side, stopping 1/2 inch from edge. Repeat on opposite side. Unfold each piece so it lies flat.
- ☐ Place between 2 sheets of heavy-duty plastic wrap. Flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- ☐ Preheat oven to 37
- ☐ Spoon 1 1/2 cups rice mixture over pork, leaving a 1-inch margin.
- ☐ Roll pork, jelly-roll fashion, starting at short end. Secure with string at 1-inch intervals, and place, seam side down, on a rack coated with cooking spray.

- ☐
- Sprinkle with 1/2 teaspoon Creole seasoning and black pepper. Insert a meat thermometer into pork.
- ☐
- Bake at 375 for 1 hour and 5 minutes or until meat thermometer registers 16
- ☐
- Let stand 10 minutes before slicing.
- ☐
- Serve with remaining rice mixture.

Nutrition Facts



Properties

Glycemic Index:37.7, Glycemic Load:20.31, Inflammation Score:-9, Nutrition Score:28.398260520852%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

Nutrients (% of daily need)

Calories: 351.49kcal (17.57%), Fat: 7.11g (10.94%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 29.14g (10.6%), Sugar: 4.76g (5.29%), Cholesterol: 74.34mg (24.78%), Sodium: 111.46mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.67%), Vitamin K: 71.42µg (68.02%), Vitamin B6: 1.12mg (55.92%), Selenium: 38.49µg (54.98%), Folate: 212.77µg (53.19%), Vitamin B1: 0.73mg (48.98%), Phosphorus: 437.45mg (43.74%), Manganese: 0.85mg (42.51%), Vitamin B3: 7.56mg (37.8%), Fiber: 7.04g (28.17%), Vitamin A: 1371.38IU (27.43%), Potassium: 852.16mg (24.35%), Magnesium: 96.89mg (24.22%), Vitamin C: 19.9mg (24.12%), Zinc: 3.6mg (24.02%), Iron: 3.43mg (19.07%), Copper: 0.38mg (18.82%), Vitamin B2: 0.31mg (18.39%), Vitamin B5: 1.48mg (14.78%), Vitamin B12: 0.6µg (10.01%), Calcium: 58.46mg (5.85%), Vitamin E: 0.85mg (5.65%), Vitamin D: 0.47µg (3.14%)