



## Pork Roast with Marsala-Fruit Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup celery chopped
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup breadcrumbs dry

- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon butter
- ☐ 1 cup plum brandy sweet
- ☐ 2 tablespoons plum brandy sweet
- ☐ 0.3 cup onion chopped
- ☐ 2.5 pound boned pork loin roast
- ☐ 0.5 cup prune- cut to pieces pitted chopped
- ☐ 0.3 teaspoon salt

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ broiler pan

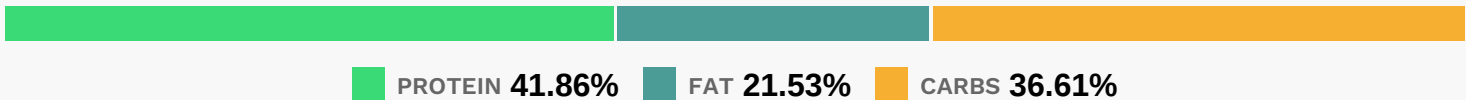
## Directions

- ☐ Preheat oven to 40
- ☐ Trim fat from roast; set aside.
- ☐ To prepare fruit stuffing, combine 1 cup Marsala, apricots, and prunes in a saucepan; bring to a boil. Reduce heat to medium; cook 5 minutes. Melt margarine in a nonstick skillet over medium-high heat.
- ☐ Add onion, celery, and garlic; saute 2 minutes.
- ☐ Remove from heat; stir in apricot mixture, breadcrumbs, and next 5 ingredients (breadcrumbs through pepper).
- ☐ Cut a 1 1/2-inch-wide horizontal slit into the short end of roast; cut through to the other end of roast to form a deep pocket using a long thin knife. Spoon fruit stuffing into pocket; pack

using the handle of a wooden spoon.

- ☐
- To prepare spice rub, combine sugar, 2 tablespoons Marsala, and allspice. Score a diamond pattern on top of roast using a sharp knife; spread spice rub over top.
- ☐
- Place roast, rub side up, on a broiler pan coated with cooking spray. Insert meat thermometer into meaty part of roast.
- ☐
- Bake at 400 for 1 hour and 15 minutes or until thermometer registers 160 (slightly pink). Cover and let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:2.79, Inflammation Score:-5, Nutrition Score:14.310869543449%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg, Petunidin: 1.79mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 25.6mg, Malvidin: 25.6mg, Malvidin: 25.6mg, Malvidin: 25.6mg Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg, Peonidin: 1.06mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 284.91kcal (14.25%), Fat: 6.1g (9.39%), Saturated Fat: 1.73g (10.81%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 21.87g (7.95%), Sugar: 14.77g (16.41%), Cholesterol: 71.44mg (23.81%), Sodium: 173.57mg (7.55%), Alcohol: 4.13g (100%), Alcohol %: 2.99% (100%), Protein: 26.7g (53.41%), Selenium: 33.26µg (47.52%), Vitamin B6: 0.91mg (45.34%), Vitamin B1: 0.57mg (37.92%), Vitamin B3: 7.29mg (36.45%), Phosphorus: 280.53mg (28.05%), Potassium: 622.8mg (17.79%), Vitamin B2: 0.26mg (15.51%), Zinc: 2.22mg (14.82%), Magnesium: 41.48mg (10.37%), Vitamin B12: 0.6µg (9.98%), Vitamin B5: 0.98mg (9.77%), Manganese: 0.16mg (8.12%), Copper: 0.15mg (7.33%), Vitamin A: 365.6IU (7.31%), Iron: 1.3mg (7.21%), Vitamin K: 7.07µg (6.73%), Fiber: 1.49g (5.96%), Vitamin E: 0.52mg (3.5%), Calcium: 34.18mg (3.42%), Vitamin D: 0.45µg (3.02%), Folate: 8.64µg (2.16%)