



Prune-Stuffed Pork Loin



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



20

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large pork loin boneless
- ☐ 0.3 cup thyme sprigs fresh loosely packed
- ☐ 1 clove garlic minced
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup chicken broth low-sodium
- ☐ 12 ounces prune- cut to pieces pitted (30)
- ☐ 20 servings salt and pepper

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

Directions

- ☐ Preheat oven to 425F. Using a sharp knife, remove any excess fat from loin, leaving a 1/4-inch layer of fat on top. Use a long, thin, sharp knife to pierce a hole in center of both ends of loin. Working from both ends, use handle of a large wooden spoon to force a cavity all the way through center of loin.
- ☐ Remove spoon and push handle through several more times, widening the cavity. Working with a few prunes, push them into the cavity with your fingers and spoon handle. Work from both ends until cavity is stuffed from end to end.
- ☐ Place garlic, 1/2 tsp. salt, lemon juice and thyme on a cutting board. Mince into a paste. Rub paste all over stuffed loin, place fat side up in a roasting pan and pour 1/2 cup water around. Roast for 20 minutes. Reduce oven temperature to 325F. Continue to roast, adding water to pan if necessary to prevent scorching, until a meat thermometer inserted in center of meat reads 145F, 40 to 50 minutes.
- ☐ Remove to a cutting board and cover loosely with foil.
- ☐ Skim fat from juices in roasting pan and place pan across 2 burners on the stove over medium heat.
- ☐ Pour in broth and bring to a boil, scraping up any browned bits on bottom of pan. Boil until reduced by about half and slightly thickened, 5 to 10 minutes. Season with salt and pepper.
- ☐ Slice roast and serve warm with pan juices.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:2.84, Inflammation Score:-6, Nutrition Score:12.69565216873%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 188.48kcal (9.42%), Fat: 4.6g (7.08%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.94g (3.62%), Sugar: 6.51g (7.23%), Cholesterol: 69.14mg (23.05%), Sodium: 251.53mg (10.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.22g (50.44%), Selenium: 30.47µg (43.53%), Vitamin B6: 0.87mg (43.44%), Vitamin B3: 6.8mg (33.99%), Vitamin B1: 0.5mg (33.04%), Phosphorus: 263.08mg (26.31%), Potassium: 549.71mg (15.71%), Vitamin B2: 0.24mg (14.31%), Zinc: 2.07mg (13.83%), Vitamin K: 10.12µg (9.64%), Vitamin B12: 0.57µg (9.53%), Magnesium: 36.6mg (9.15%), Vitamin B5: 0.89mg (8.93%), Copper: 0.12mg (6.06%), Fiber: 1.29g (5.16%), Iron: 0.88mg (4.88%), Manganese: 0.07mg (3.56%), Vitamin A: 159.61IU (3.19%), Vitamin D: 0.44µg (2.93%), Calcium: 15.97mg (1.6%), Vitamin C: 1.24mg (1.51%), Vitamin E: 0.22mg (1.44%)