



Roast Pork Loin

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



811 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups chicken broth
- ☐ 12 ounce apricots dried
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup madeira wine
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper
- ☐ 8 pound center-cut pork loins boneless
- ☐ 12 ounce prune- cut to pieces pitted

- ☐ 1 teaspoon salt
- ☐ 4 large sweet potatoes peeled cut into 1/2-inch slices

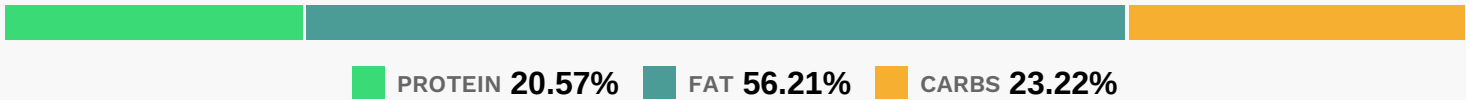
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Rub pork loins evenly with salt and pepper; dredge in flour.
- ☐ Brown pork loins on all sides, 1 at a time, in hot oil in a large skillet over medium heat.
- ☐ Place in a large lightly greased roasting pan. Arrange sweet potatoes and prunes around pork.
- ☐ Combine apricots, broth, and wine in a large saucepan; bring to a boil, and cook 5 minutes.
- ☐ Pour mixture over pork, sweet potatoes, and prunes.
- ☐ Bake at 375 for 1 hour or until a meat thermometer inserted into thickest portion of pork registers 160, basting every 15 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.15, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:32.943043542945%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg,
Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.4mg, Quercetin:
0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 811.17kcal (40.56%), Fat: 50.13g (77.12%), Saturated Fat: 18.14g (113.36%), Carbohydrates: 46.58g (15.53%),
Net Carbohydrates: 40.87g (14.86%), Sugar: 23.29g (25.87%), Cholesterol: 163.88mg (54.63%), Sodium: 431.49mg
(18.76%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 41.28g (82.56%), Vitamin A: 13008.44IU
(260.17%), Vitamin B1: 1.77mg (117.87%), Selenium: 57.86µg (82.65%), Vitamin B3: 11.5mg (57.49%), Vitamin B6:
1.13mg (56.46%), Phosphorus: 473.5mg (47.35%), Vitamin B2: 0.67mg (39.57%), Potassium: 1360.07mg (38.86%),
Zinc: 5.48mg (36.53%), Vitamin B12: 1.59µg (26.56%), Vitamin B5: 2.42mg (24.17%), Fiber: 5.71g (22.85%),
Manganese: 0.42mg (21.03%), Magnesium: 82.45mg (20.61%), Iron: 3.48mg (19.35%), Copper: 0.37mg (18.68%),
Vitamin K: 16.17µg (15.4%), Vitamin E: 1.5mg (10%), Calcium: 81.67mg (8.17%), Folate: 28.6µg (7.15%), Vitamin C:
3.97mg (4.81%)