



## Roast Pork with Apricot and Shallot Stuffing

READY IN



300 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 lb apricots cut into 1/3-inch pieces (3 large)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 lb pork loin boneless ()
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots chopped (3 large)
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

- ☐ 4 slices sandwich bread white firm

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

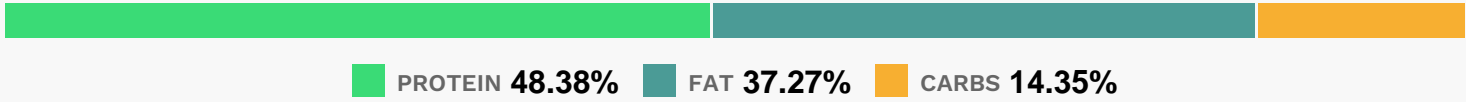
## Directions

- ☐ Preheat oven to 375°F.
- ☐ Cut just enough bread into 1/3-inch pieces to measure 1 cup and spread evenly in a shallow baking pan. Toast bread in middle of oven, stirring occasionally, until golden, about 10 minutes, then transfer to a bowl. Leave oven on (for pork).
- ☐ Cook shallots in butter in a large nonstick skillet over moderately low heat, stirring occasionally, until softened, about 10 minutes.
- ☐ Add apricots and cook, stirring, until slightly softened, about 3 minutes.
- ☐ Remove from heat and stir in bread, parsley, salt, and pepper.
- ☐ Make a hole for stuffing that runs lengthwise through pork loin: Beginning in middle of 1 end of roast, insert a sharp long thin knife lengthwise toward center of loin, then repeat at opposite end of loin to complete incision running through middle.
- ☐ Open up incision with your fingers, working from both ends, to create a 1 1/2-inch-wide opening, then pack with all of stuffing, pushing from both ends toward center.
- ☐ Pat pork dry and season well with salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until very hot and just smoking, then brown pork on all sides, about 2 minutes.
- ☐ Transfer to a roasting pan and roast in middle of oven until a meat thermometer inserted diagonally 2 inches into meat (avoid stuffing) registers 160°F, 45 to 50 minutes.

- ☐
- Transfer to a cutting board and let stand 20 minutes.

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## Nutrition Facts



## Properties

Glycemic Index:26.31, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:21.483913421631%

## Flavonoids

Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 338.2kcal (16.91%), Fat: 13.73g (21.12%), Saturated Fat: 4.55g (28.46%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 10.51g (3.82%), Sugar: 4.46g (4.96%), Cholesterol: 114.69mg (38.23%), Sodium: 292.07mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.1g (80.19%), Selenium: 50.26µg (71.8%), Vitamin B6: 1.36mg (68.16%), Vitamin B1: 0.84mg (55.69%), Vitamin B3: 10.58mg (52.91%), Phosphorus: 413.75mg (41.38%), Vitamin K: 24.08µg (22.93%), Potassium: 780.84mg (22.31%), Zinc: 3.3mg (22.03%), Vitamin B2: 0.36mg (21.45%), Vitamin B12: 0.87µg (14.56%), Vitamin B5: 1.45mg (14.54%), Vitamin A: 718.78IU (14.38%), Magnesium: 54.37mg (13.59%), Iron: 1.7mg (9.43%), Manganese: 0.16mg (8.05%), Copper: 0.15mg (7.73%), Vitamin C: 5.35mg (6.48%), Vitamin E: 0.87mg (5.83%), Folate: 23.09µg (5.77%), Fiber: 1.38g (5.51%), Vitamin D: 0.73µg (4.89%), Calcium: 47.07mg (4.71%)