



Roast Pork with Fruit Stuffing and Mustard Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons flour
- 8 apricot dried whole
- 2 pounds bone center-cut pork rib roast trimmed well
- 1.5 tablespoons butter room temperature
- 2 large carrots coarsely chopped
- 2 tablespoons corn oil
- 1 tablespoon dijon mustard coarse-grained
- 1.5 teaspoons marjoram dried

- 0.5 cup wine dry white
- 6 garlic clove peeled
- 1.5 cups chicken broth
- 1 onion coarsely chopped
- 8 prune- cut to pieces whole pitted

Equipment

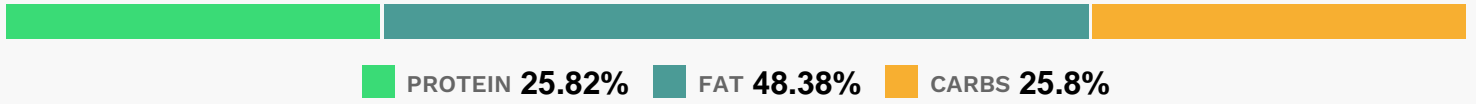
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- roasting pan
- wooden spoon
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat oven to 350°F. Using long slender knife, carve out 3/4-inch-diameter horizontal tunnel through center of pork. Chop carved-out meat and reserve. Using handle of wooden spoon, firmly pack apricots and prunes into tunnel of roast.
- Place roast on rack in roasting pan; rub with 1 tablespoon oil.
- Sprinkle roast with 1/2 teaspoon marjoram, salt, and pepper. Scatter onion, carrots, garlic cloves, and chopped meat around rack in pan.
- Drizzle vegetables with 1 tablespoon oil; sprinkle with 1 teaspoon marjoram. Roast pork until instant-read thermometer inserted into thickest part of meat (not stuffing) registers 150°F, stirring vegetables occasionally, about 1 hour 25 minutes.
- Transfer pork to cutting board; tent with foil to keep warm.

- Whisk butter, flour, and both mustards in small bowl to blend.
- Add broth and wine to roasting pan; place on 2 burners and simmer juices over medium heat until mixture is reduced to 1 1/2 cups, scraping up browned bits, about 3 minutes. Strain liquid into small saucepan; skim fat from surface. Bring liquid to boil.
- Whisk in mustard mixture; simmer until sauce thickens slightly, whisking frequently, about 3 minutes. Season with salt and pepper.
- Cut pork between ribs into chops.
- Serve with sauce.
- Prinz von Hessen 2001 Riesling Kabinett Winkeler Hasensprung.

Nutrition Facts



Properties

Glycemic Index:84.56, Glycemic Load:10.06, Inflammation Score:-10, Nutrition Score:27.994782385619%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 548.35kcal (27.42%), Fat: 28.76g (44.25%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 30.11g (10.95%), Sugar: 19.55g (21.72%), Cholesterol: 98.11mg (32.7%), Sodium: 215.67mg (9.38%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 34.55g (69.1%), Vitamin A: 6896.82IU (137.94%), Selenium: 56.68µg (80.96%), Vitamin B6: 1.25mg (62.57%), Vitamin B3: 12.12mg (60.6%), Vitamin B1: 0.77mg (51.44%), Phosphorus: 396.89mg (39.69%), Potassium: 1117.71mg (31.93%), Vitamin B2: 0.4mg (23.33%), Zinc: 3.28mg (21.86%), Vitamin K: 21.07µg (20.07%), Fiber: 4.41g (17.64%), Manganese: 0.34mg (17.18%), Vitamin E: 2.38mg (15.87%), Magnesium: 62.48mg (15.62%), Copper: 0.3mg (15.12%), Vitamin B12: 0.91µg (15.1%), Vitamin B5: 1.41mg (14.06%), Iron: 2.23mg (12.37%), Calcium: 92.2mg (9.22%), Vitamin C: 5.88mg (7.12%), Vitamin D: 1.05µg (6.99%), Folate: 20.57µg (5.14%)