



Roast Pork with Onion Stuffing

READY IN



160 min.

SERVINGS



10

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds pork loin boneless
- 0.3 cup butter cubed
- 1 teaspoon chicken soup base
- 1 teaspoon thyme dried
- 0.3 cup flour all-purpose
- 0.3 teaspoon nutmeg
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 4 large onion chopped

- 0.3 teaspoon pepper
- 1 teaspoon salt
- 1 cup water

Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- Rub roast with oil.
- Combine salt, thyme and pepper; sprinkle over roast.
- Place roast in a shallow baking pan.
- Bake, uncovered, at 325° for 2 to 2-1/2 hours or until a meat thermometer reads 160°. Meanwhile, in a skillet, saute onions in butter for 8-10 minutes or until tender. Stir in flour, lemon juice, bouillon, salt, nutmeg and pepper; add water. Cook over medium heat for 2 minutes, stirring constantly.
- Cut roast almost all the way through into 3/8-in. slices. Spoon 1 tablespoon of stuffing between each slice. Spoon remaining stuffing over roast.
- Bake, uncovered, at 325° for 30 minutes If desired, thicken pan juices to make gravy.

Nutrition Facts



PROTEIN 47.75% **FAT 39.76%** **CARBS 12.49%**

Properties

Glycemic Index:25.4, Glycemic Load:2.98, Inflammation Score:-5, Nutrition Score:15.778695780298%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 269.59kcal (13.48%), Fat: 11.68g (17.96%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.08g (2.58%), Sugar: 2.64g (2.94%), Cholesterol: 97.96mg (32.65%), Sodium: 387.23mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.11%), Selenium: 39.18µg (55.97%), Vitamin B6: 1.1mg (55.13%), Vitamin B1: 0.66mg (43.77%), Vitamin B3: 8.09mg (40.43%), Phosphorus: 329.15mg (32.92%), Potassium: 605.11mg (17.29%), Zinc: 2.59mg (17.27%), Vitamin B2: 0.29mg (17.04%), Vitamin B12: 0.7µg (11.74%), Vitamin B5: 1.11mg (11.11%), Magnesium: 43.02mg (10.76%), Iron: 1.15mg (6.39%), Manganese: 0.13mg (6.25%), Vitamin C: 5.07mg (6.15%), Copper: 0.11mg (5.65%), Fiber: 1.17g (4.68%), Folate: 17.97µg (4.49%), Vitamin D: 0.54µg (3.63%), Vitamin E: 0.54mg (3.57%), Vitamin K: 3.29µg (3.13%), Vitamin A: 147.24IU (2.94%), Calcium: 25.97mg (2.6%)