



Roast Stuffed Pork Loin with Port Sauce

READY IN



105 min.

SERVINGS



12

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 teaspoons pepper black divided freshly ground
- 3 pound pork loin boneless trimmed
- 1 cup breadcrumbs toasted
- 2 tablespoons butter divided
- 2 tablespoons canola oil divided
- 2.5 cups chicken stock see divided (such as Swanson)
- 0.5 cup cherries dried coarsely chopped
- 0.8 cup fennel bulb finely chopped
- 1 tablespoon flour all-purpose

- 1 tablespoon sage fresh divided chopped
- 2 sage fresh
- 1.5 teaspoons thyme sprigs fresh chopped
- 2 large garlic clove minced
- 1.5 teaspoons kosher salt divided
- 0.5 cup onion finely chopped
- 1 cup port wine
- 1 shallots peeled quartered
- 2 thyme sprigs
- 2 tablespoons water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- plastic wrap
- roasting pan
- kitchen thermometer
- meat tenderizer
- kitchen twine

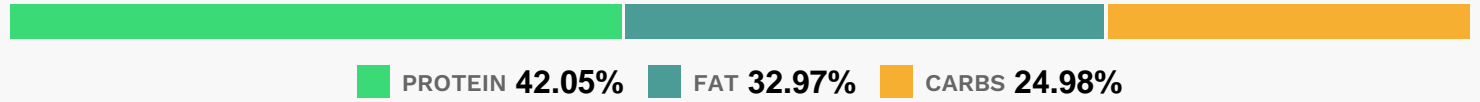
Directions

- Preheat oven to 40
- Combine port and cherries in a small saucepan over medium heat; bring to a boil. Reduce heat; simmer 4 minutes.

- Remove from heat; let stand 10 minutes.
- Drain cherries in a sieve over a bowl, reserving cherries and port.
- Heat a medium skillet over medium heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add fennel and onion; cook 10 minutes or until vegetables are almost tender, stirring occasionally.
- Add garlic; cook 1 minute, stirring frequently.
- Combine fennel mixture, cherries, and breadcrumbs in a large bowl. Melt 1 tablespoon butter.
- Drizzle the melted butter and 1/4 cup stock over bread mixture, and toss. Stir in 2 teaspoons chopped sage, chopped thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Cut horizontally through center of pork, cutting to, but not through, other side using a sharp knife; open flat, as you would a book.
- Place pork between 2 sheets of plastic wrap; pound to an even 1/2-inch thickness using a meat mallet or small, heavy skillet.
- Brush 1 1/2 teaspoons oil over inside of pork; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Spread bread mixture evenly over pork, leaving a 1/2-inch border around outside edges.
- Roll up pork, jelly-roll fashion, starting with short side. Secure at 2-inch intervals with twine.
- Brush outside of pork with remaining 1 1/2 teaspoons oil; sprinkle all sides of pork evenly with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Heat a large skillet over high heat.
- Add pork to pan; cook 8 minutes, turning to brown on all sides.
- Place pork on a roasting rack coated with cooking spray; place rack in a roasting pan.
- Pour remaining 2 1/4 cups stock in bottom of roasting pan. Roast pork at 400 for 45 minutes or until a thermometer inserted in center of pork registers 13
- Remove pork from pan; let stand 15 minutes.
- Cut crosswise into 12 slices.
- Place roasting pan over medium-high heat; add reserved port, thyme sprigs, sage leaves, and shallot; bring to a boil. Cook until liquid is reduced to 1 cup (about 10 minutes).
- Combine flour and 2 tablespoons water in a small bowl, stirring with a whisk.

- Add flour mixture to port mixture, stirring with a whisk; cook 5 minutes or until port mixture begins to thicken.
- Add remaining 1 tablespoon butter, stirring until butter melts. Strain sauce; discard solids. Stir in remaining 1 teaspoon chopped sage, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:18.578260587609%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 299.21kcal (14.96%), Fat: 9.97g (15.35%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.6g (5.67%), Sugar: 6.19g (6.88%), Cholesterol: 77.96mg (25.99%), Sodium: 504.91mg (21.95%), Alcohol: 3.06g (100%), Alcohol %: 1.74% (100%), Protein: 28.62g (57.25%), Copper: 1.68mg (83.85%), Selenium: 35.29µg (50.42%), Vitamin B6: 0.92mg (46.19%), Vitamin B1: 0.62mg (41.55%), Vitamin B3: 8.04mg (40.21%), Phosphorus: 294.16mg (29.42%), Vitamin B2: 0.31mg (17.99%), Potassium: 562.61mg (16.07%), Zinc: 2.32mg (15.46%), Manganese: 0.24mg (11.85%), Magnesium: 41.41mg (10.35%), Vitamin B12: 0.61µg (10.23%), Vitamin B5: 0.94mg (9.41%), Iron: 1.55mg (8.61%), Vitamin K: 6.33µg (6.03%), Fiber: 1.4g (5.61%), Vitamin A: 267.59IU (5.35%), Vitamin E: 0.67mg (4.46%), Folate: 17.02µg (4.26%), Calcium: 42.5mg (4.25%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.24mg (2.71%)