



Rolled Pork Loin with California Raisins and Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



303 kcal

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 pounds pork loin boneless trimmed
- ☐ 1 tablespoon jalapeño chilies diced
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 large cloves garlic minced
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onions thinly sliced

- ☐ 1 cup california raisins
- ☐ 12 servings rub
- ☐ 12 servings salt and pepper to taste
- ☐ 0.5 cup sun-dried tomatoes italian with herbs, drained and chopped
- ☐ 0.3 cup white wine

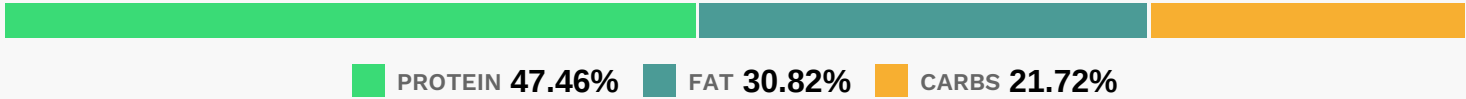
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Blend 2 cups raisins in food processor or blender until smooth.
- ☐ Using long slicing knife, with pork loin facing away lengthwise at 12 o'clock, make 3/4-inch deep cut along right edge for the entire length of roast.
- ☐ Roll the roast to the left. Then, starting inside that cut, holding knife at an angle, cut another 3/4-inch-deep cut along previous cut. Keep turning roast, repeating these 3/4-inch-deep cuts until you have one large square 'sheet of pork.
- ☐ In heavy-bottomed saute pan, saute onions in olive oil until caramelized and tender.
- ☐ Add remaining ingredients and simmer on low 15 to 20 minutes until flavors blend.
- ☐ Mix Dijon mustard, minced garlic cloves and 2 to 3 tablespoons olive oil. Set aside.
- ☐ Preheat oven to 325 degrees F. Season pork on both sides with salt and pepper.
- ☐ Spread filling evenly over flattened loin to 3/4 inch around all edges.
- ☐ Roll loin jelly roll style and tie with string.
- ☐ Spread rub on outside of rolled loin.
- ☐ Bake, basting occasionally, 45 to 60 minutes, to internal temperature of at least 140 degrees F for medium, 150 degrees F for juicy medium-well.
- ☐ Let rest 10 to 15 minutes before slicing. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:23.98, Glycemic Load:6.35, Inflammation Score:-5, Nutrition Score:20.256521815839%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 303.43kcal (15.17%), Fat: 10.27g (15.8%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 13.96g (5.08%), Sugar: 3.05g (3.39%), Cholesterol: 95.25mg (31.75%), Sodium: 354.5mg (15.41%), Alcohol: 0.51g (100%), Alcohol %: 0.31% (100%), Protein: 35.59g (71.17%), Selenium: 44.88µg (64.12%), Vitamin B6: 1.25mg (62.54%), Vitamin B1: 0.74mg (49.16%), Vitamin B3: 9.38mg (46.92%), Phosphorus: 384.94mg (38.49%), Potassium: 889mg (25.4%), Vitamin B2: 0.34mg (20.22%), Zinc: 3mg (19.97%), Vitamin K: 20.57µg (19.59%), Manganese: 0.34mg (17.06%), Magnesium: 63.01mg (15.75%), Iron: 2.49mg (13.84%), Vitamin B12: 0.77µg (12.85%), Vitamin B5: 1.28mg (12.83%), Copper: 0.22mg (11.19%), Fiber: 2.33g (9.3%), Vitamin C: 6.22mg (7.54%), Vitamin E: 0.76mg (5.1%), Calcium: 47.96mg (4.8%), Vitamin D: 0.6µg (4.03%), Folate: 11.24µg (2.81%), Vitamin A: 119.7IU (2.39%)