



Rosemary-Scented Pork Loin Stuffed With Roasted Garlic, Dried Apricots and Cranberries and Port Wine Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



420 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple jelly
- 0.5 cup chicken broth
- 2 teaspoons cornstarch
- 16 apricots dried your favorite (or similar amount of fruit)
- 0.3 cup cranberries dried
- 3 tablespoons rosemary fresh with scissors), divided minced

- 16 servings heavy kitchen string
- 3 tablespoons olive oil
- 8 pound pork loin whole boneless dry at room temperature
- 0.3 cup port
- 16 servings salt and pepper freshly ground
- 16 garlic cloves whole peeled

Equipment

- frying pan
- baking sheet
- oven
- whisk
- sieve
- kitchen thermometer
- slotted spoon
- kitchen twine

Directions

- Adjust oven rack to upper-middle position and heat oven to 250 degrees.
- Heat oil in a small skillet over medium-low heat.
- Add whole garlic cloves and cook, stirring occasionally, until soft and golden, about 5 minutes.
- Remove with a slotted spoon; reserve oil.
- Turn pork loin fat-side down. Slit lengthwise, almost but not quite all the way through, to form a long pocket, leaving a 1/2-inch border of unslit meat at each end.
- Brush cavity with some of the reserved garlic cooking oil, and sprinkle generously with salt and pepper and 1 Tb. of the rosemary. Line cavity with sauteed garlic and apricots; sprinkle in cranberries. Tie loin together with kitchen twine or heavy-duty string at 1 1/2-inch intervals.
- Brush with remaining oil, and sprinkle generously with salt and pepper. Set roast, fat-side up, diagonally or curved (so it fits) on a large, lipped cookie sheet or jellyroll pan. Warm 1/4 cup apple jelly along with the minced garlic and remaining rosemary.

- Brush mixture onto meat.
- Roast until a meat thermometer stuck into the center registers 125 to 130 degrees. (Start checking at about 1 1/2 hours.)
- Remove from oven; raise oven temperature to 400 degrees.
- Brush loin with pan drippings, return to oven, and continue to roast until the loin is golden brown and a meat thermometer stuck into the center registers 145 degrees F (63 degrees C), about 20 minutes longer. For even more attractive coloring, broil until spotty brown, 3 to 5 minutes.
- Let roast rest 15 to 20 minutes; transfer to a carving board. Stir juices around pan to loosen brown bits.
- Pour through a strainer into a small pan, and stir in port, chicken broth and remaining 2 Tbs. of jelly; bring to a simmer.
- Mix cornstarch with a couple of tablespoons of cold water; whisk into sauce. Simmer until lightly thickened. Slice pork and serve with a little sauce.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:24.57739139899%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg, Malvidin: 3.56mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 419.94kcal (21%), Fat: 17.37g (26.72%), Saturated Fat: 6.66g (41.63%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.11g (9.01%), Cholesterol: 159.98mg (53.33%), Sodium: 338.96mg (14.74%), Alcohol: 0.57g (100%), Alcohol %: 0.27% (100%), Protein: 51.75g (103.5%), Selenium: 64µg (91.42%), Vitamin B6:

1.77mg (88.45%), Vitamin B1: 1.02mg (67.87%), Vitamin B3: 13.31mg (66.55%), Phosphorus: 530.85mg (53.08%), Zinc: 4.2mg (28%), Potassium: 977.81mg (27.94%), Vitamin B2: 0.47mg (27.63%), Vitamin B12: 1.18µg (19.7%), Vitamin B5: 1.8mg (17.98%), Magnesium: 64.29mg (16.07%), Vitamin A: 520.2IU (10.4%), Copper: 0.18mg (8.89%), Iron: 1.58mg (8.79%), Vitamin E: 1.22mg (8.12%), Vitamin D: 1.15µg (7.65%), Manganese: 0.1mg (5.24%), Fiber: 0.86g (3.45%), Calcium: 33.73mg (3.37%), Vitamin K: 2.55µg (2.43%), Vitamin C: 1.41mg (1.71%)