



Spiced-and-Stuffed Pork Loin With Cider Sauce

READY IN



90 min.

SERVINGS



10

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 tablespoon butter
- ☐ 0.5 cup apricots dried chopped
- ☐ 0.5 cup apples i use 2 granny smith apples diced peeled
- ☐ 2 granny smith apples cut into wedges
- ☐ 10 servings cider sauce
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup onion finely chopped

- ☐ 0.1 teaspoon pepper
- ☐ 6 pound pork loin roasts boneless trimmed
- ☐ 1 teaspoon rubbed sage
- ☐ 10 servings spice rub
- ☐ 2 cups cornbread stuffing mix

Equipment

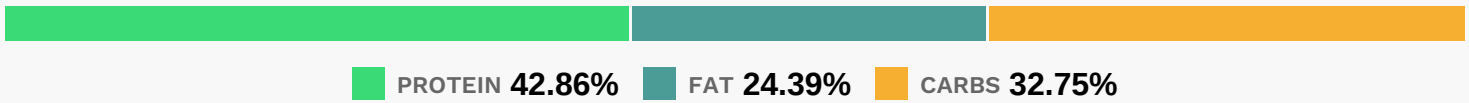
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ rolling pin
- ☐ kitchen twine

Directions

- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Add onion and pepper, and saut 6 to 8 minutes or until tender.
- ☐ Add cider and next 3 ingredients, and bring to a boil; reduce heat, and simmer 2 minutes.
- ☐ Remove from heat, and let stand 5 minutes. Stir in stuffing mix, and set aside.
- ☐ Butterfly 1 pork loin by making a horizontal cut (about one-third down from top) into 1 side of pork, cutting to within 1/2 inch of other side. (Do not cut all the way through roast.)
- ☐ Unfold top cut piece, open, and lay flat. Butterfly and repeat procedure on opposite side of remaining two-thirds portion of pork loin, beginning at top or bottom of inside cut.
- ☐ Place pork between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using a mallet or rolling pin. Rub pork loin completely with 1 tablespoon olive oil, and sprinkle both sides evenly with half of Spice Rub.
- ☐ Spread half of stuffing mixture on pork, leaving a 1/2-inch border.
- ☐ Roll up roast, and tie with kitchen string at 2-inch intervals.
- ☐ Repeat with remaining pork loin, oil, Spice Rub, and stuffing mixture.

- ☐ Arrange apple wedges in a single layer in the bottom of a 13- x 9-inch roasting pan.
- ☐ Place roasts, seam sides down, on apples.
- ☐ Bake at 450 for 25 minutes. Reduce temperature to 425; bake 25 more minutes or until a meat thermometer inserted into thickest portion registers 15
- ☐ Remove from oven; let stand 15 minutes or until thermometer reaches 160 before slicing. Discard apples.
- ☐ Serve pork with Cider Sauce.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Cornbread Stuffing mix.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:3.99, Inflammation Score:-7, Nutrition Score:35.036522118942%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 636.03kcal (31.8%), Fat: 16.89g (25.99%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 47.61g (17.31%), Sugar: 14.72g (16.36%), Cholesterol: 174.94mg (58.31%), Sodium: 822.11mg (35.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.8g (133.6%), Selenium: 98.47µg (140.67%), Vitamin B6: 2.19mg (109.71%), Vitamin B1: 1.51mg (100.67%), Vitamin B3: 18.66mg (93.29%), Phosphorus: 696.15mg (69.62%), Vitamin B2: 0.73mg (42.74%), Potassium: 1305.3mg (37.29%), Zinc: 5.46mg (36.43%), Magnesium: 100.47mg (25.12%), Manganese: 0.5mg (24.94%), Iron: 4.27mg (23.72%), Vitamin B12: 1.4µg (23.33%), Vitamin B5: 2.3mg (22.99%), Folate: 85.78µg (21.44%), Vitamin K: 19.8µg (18.85%), Copper: 0.33mg (16.37%), Fiber: 3.43g (13.73%), Vitamin E: 1.36mg (9.06%), Calcium: 89.93mg (8.99%), Vitamin D: 1.09µg (7.26%), Vitamin A: 346.99IU (6.94%), Vitamin C: 3.07mg (3.73%)