



Spicy Fruit-Stuffed Pork Loin with Roasted Pears and Onions

 Gluten Free

READY IN



140 min.

SERVINGS



10

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 servings glaze
- ☐ 4 lb pork loin boneless
- ☐ 2 tablespoons butter melted
- ☐ 20 oz cipollini onions peeled
- ☐ 2 tablespoons brown sugar dark
- ☐ 0.3 teaspoon rosemary fresh finely chopped
- ☐ 1 tablespoon sage fresh chopped

- ☐ 10 servings sage leaves fresh
- ☐ 14 oz fruit bits mixed dried
- ☐ 1.5 teaspoons coarsely ground pepper divided
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pear preserves
- ☐ 6 seckel pears firm ripe
- ☐ 10 servings roasted pears and onions
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 10 servings pork loin
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 10 servings kitchen string
- ☐ 10 servings garnish
- ☐ 10 servings garnish

Equipment

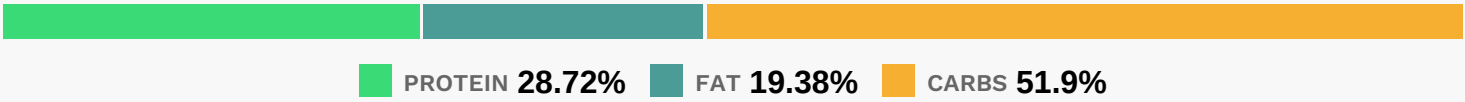
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ rolling pin

- ☐ meat tenderizer

Directions

- ☐ Prepare Pork Loin: Bring first 4 ingredients and 1 cup water to a boil in a small saucepan over medium-high heat. Cook 2 minutes, stirring once.
- ☐ Remove from heat, and cool completely (about 40 minutes).
- ☐ Meanwhile, butterfly pork by making a lengthwise cut down center of 1 flat side, cutting to within 1/2 inch of other side. (Do not cut all the way through pork.) Open pork, forming a rectangle, and place between 2 sheets of heavy-duty plastic wrap. Flatten to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle with 1/2 tsp. each salt and pepper.
- ☐ Spoon fruit mixture over pork, leaving a 1/2-inch border around edges.
- ☐ Roll up pork, jelly-roll fashion, starting at 1 long side. Tie with string at 1 1/2-inch intervals.
- ☐ Sprinkle with remaining 1 tsp. salt and 1 tsp. pepper.
- ☐ Preheat oven to 37
- ☐ Brown pork in hot oil in a large roasting pan over medium-high heat until browned on all sides (about 2 to 3 minutes per side).
- ☐ Place seam side down in pan.
- ☐ Cut pears in half lengthwise, and remove core. Stir together butter and next 5 ingredients. Stir in onions; gently stir in pear halves. Spoon mixture around roast in pan.
- ☐ Bake at 375 for 1 hour to 1 hour and 5 minutes or until a meat thermometer inserted into thickest portion of stuffing registers 135, stirring pear mixture halfway through. Cover with aluminum foil, and let stand 15 minutes.
- ☐ Prepare Glaze: Microwave preserves in a microwave-safe bowl at HIGH 1 minute or until thoroughly heated.
- ☐ Pour warm preserves over pork. Slice pork, and serve with Roasted Pears and Onions and pan juices.
- ☐ Garnish, if desired.
- ☐ *3 firm, ripe Bartlett pears may be substituted. Core each pear, and cut into 4 wedges.
- ☐ **Sugar may be substituted.

Nutrition Facts



Properties

Glycemic Index:38.05, Glycemic Load:22.04, Inflammation Score:-8, Nutrition Score:36.008695457293%

Flavonoids

Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg, Epigallocatechin: 1.66mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg, Epigallocatechin 3-gallate: 0.48mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg, Quercetin: 15.37mg

Nutrients (% of daily need)

Calories: 599.84kcal (29.99%), Fat: 13.47g (20.72%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 81.12g (27.04%), Net Carbohydrates: 65.91g (23.97%), Sugar: 54.1g (60.11%), Cholesterol: 120.96mg (40.32%), Sodium: 528.42mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.81%), Copper: 2.46mg (122.96%), Vitamin B6: 1.65mg (82.52%), Selenium: 51.76µg (73.95%), Vitamin B1: 0.95mg (63.31%), Fiber: 15.2g (60.81%), Vitamin B3: 11.66mg (58.32%), Phosphorus: 509.97mg (51%), Vitamin K: 44.93µg (42.79%), Potassium: 1490.93mg (42.6%), Manganese: 0.65mg (32.75%), Vitamin B2: 0.52mg (30.75%), Vitamin C: 23.85mg (28.91%), Magnesium: 115.64mg (28.91%), Zinc: 4.08mg (27.21%), Vitamin B5: 1.88mg (18.76%), Iron: 3.14mg (17.44%), Vitamin B12: 0.94µg (15.59%), Calcium: 141.1mg (14.11%), Folate: 52.57µg (13.14%), Vitamin A: 541.66IU (10.83%), Vitamin E: 1.45mg (9.64%), Vitamin D: 0.73µg (4.86%)