



Spinach and Mint-Basil Pesto-Stuffed Pork Loin



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



1446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 cup basil leaves fresh
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons grapeseed oil
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan shredded

- ☐ 0.3 cup pinenuts
- ☐ 6 pound pork loins
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups pkt spinach fresh

Equipment

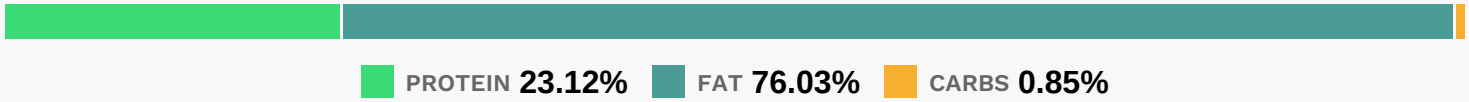
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ For the pesto: In a food processor fitted with a steel blade, pulse the basil and mint 3 to 4 times or until chopped, then add the pine nuts and salt and pulse an additional 2 to 3 times.
- ☐ Add the garlic and cheese, pulse 2 times. With the food processor running, slowly add the oil to blend, this should take 1 minute. Don't over-pulse or puree; this will result in a brown liquid sauce, not a bright herb pesto.
- ☐ For the pork: To butterfly the pork, place each loin on a cutting board and slice lengthwise through the center, about 3 inches deep, but not cutting all the way through, until it opens to form a 10 by 10-inch square.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Season the inside of both loins with salt and pepper and evenly spread the pesto, leaving a 2-inch border on all sides.
- ☐ Sprinkle with feta and top with spinach.
- ☐ Roll tightly lengthwise. With butchers twine, tie several knots around the stuffed loins, 4 to 5 times, to ensure even cooking.

- Heat the oil in a heavy bottomed saute pan over high heat, season the outside of the loins with salt and pepper, and sear on all sides, 2 to 3 minutes per side.
- Remove from the pan and place the loins on a baking sheet lined with aluminum foil and bake for 20 to 25 minutes, or until the internal temperature reaches 165 degrees F. Allow to rest for 5 to 10 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:46.041304106298%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 1446.12kcal (72.31%), Fat: 120.91g (186.02%), Saturated Fat: 40.94g (255.86%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.34g (0.37%), Cholesterol: 343.38mg (114.46%), Sodium: 927.35mg (40.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.74g (165.48%), Vitamin B1: 3.38mg (225.22%), Selenium: 115.68µg (165.26%), Vitamin B3: 20.25mg (101.27%), Phosphorus: 938.16mg (93.82%), Vitamin B6: 1.85mg (92.52%), Zinc: 11.08mg (73.84%), Vitamin B2: 1.25mg (73.26%), Vitamin K: 73.9µg (70.38%), Vitamin B12: 3.49µg (58.11%), Potassium: 1446.59mg (41.33%), Manganese: 0.76mg (38.07%), Vitamin B5: 3.24mg (32.43%), Magnesium: 120.32mg (30.08%), Vitamin A: 1459.88IU (29.2%), Iron: 5.13mg (28.48%), Vitamin E: 4.11mg (27.43%), Calcium: 253.97mg (25.4%), Copper: 0.33mg (16.57%), Folate: 55.63µg (13.91%), Vitamin C: 8.36mg (10.13%), Fiber: 0.85g (3.38%)