



Spinach, Raisin, Pine Nut, and Garlic-Stuffed Pork Loin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon
- 0.5 teaspoon pepper black divided
- 2 garlic cloves minced
- 2 tablespoons pinenuts finely chopped
- 2 pound boned pork loin roast
- 0.3 cup raisins finely chopped
- 0.8 teaspoon salt divided

- 20 ounce pkt spinach frozen dry thawed drained chopped
- 2 cups water

Equipment

- oven
- plastic wrap
- roasting pan
- kitchen thermometer
- rolling pin
- meat tenderizer

Directions

- Preheat oven to 400
- Combine chopped raisins, pine nuts, garlic, spinach, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Unroll roast, and trim fat from pork. Slice pork lengthwise, cutting to, but not through, other side. Open the halves, laying pork flat. Slice each half lengthwise, cutting to, but not through, other side, and open flat.
- Place plastic wrap over pork, and flatten to an even thickness using a meat mallet or rolling pin.
- Spread spinach mixture down center of pork to within 1/2 inch of sides.
- Roll up pork, jelly-roll fashion, starting with long side.
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place bacon over pork. Secure at 2-inch intervals with heavy string.
- Place pork on a rack coated with cooking spray.
- Pour 2 cups water into a shallow roasting pan; place rack in pan. Insert meat thermometer into thickest portion of pork.
- Bake at 400 for 1 hour or until the thermometer registers 160 (slightly pink).
- Place pork on a platter; cover and let stand 10 minutes before slicing.
- Cut into 8 slices; serve warm.

Note: Each serving provides 91 micrograms of folate.

Nutrition Facts

PROTEIN 51.6% **FAT 35.55%** **CARBS 12.85%**

Properties

Glycemic Index:15.1, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:28.246521825376%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 224.84kcal (11.24%), Fat: 8.93g (13.74%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.56g (0.62%), Cholesterol: 75.07mg (25.02%), Sodium: 366.86mg (15.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.35%), Vitamin K: 265.22µg (252.59%), Vitamin A: 8314.17IU (166.28%), Selenium: 36.93µg (52.75%), Vitamin B6: 1.01mg (50.66%), Vitamin B1: 0.6mg (40%), Manganese: 0.77mg (38.43%), Vitamin B3: 7.26mg (36.31%), Phosphorus: 316.91mg (31.69%), Folate: 103.8µg (25.95%), Magnesium: 91.93mg (22.98%), Vitamin B2: 0.39mg (22.96%), Potassium: 737.24mg (21.06%), Zinc: 2.69mg (17.93%), Vitamin E: 2.46mg (16.41%), Iron: 2.26mg (12.54%), Copper: 0.23mg (11.52%), Calcium: 102.86mg (10.29%), Vitamin B12: 0.61µg (10.1%), Fiber: 2.5g (10.01%), Vitamin B5: 0.96mg (9.58%), Vitamin C: 4.4mg (5.33%), Vitamin D: 0.48µg (3.17%)