

# Stuffed Pork Loin

 Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pound pork loin roast boneless
- 3 cups torn day-old bread
- 2 stalks celery chopped
- 1 pinch garlic powder to taste
- 8 servings salt and ground pepper black to taste
- 1 tablespoon ground thyme
- 1 tablespoon herbs de provence
- 3 tablespoons butter

0.5 cup mushrooms chopped

0.5 cup onion chopped

## Equipment

bowl

frying pan

oven

plastic wrap

roasting pan

kitchen thermometer

meat tenderizer

kitchen twine

## Directions

Preheat oven to 300 degrees F (150 degrees C).

Heat margarine in a skillet over medium heat; cook and stir onion, mushrooms, and celery in the hot margarine until vegetables are tender, about 12 minutes.

Transfer vegetables to a bowl. Stir bread into vegetables until moistened; season with salt and black pepper.

Cut the pork loin almost in half lengthwise, cutting to about 1 inch from the bottom; open pork loin like a book. Cover with plastic wrap and lightly pound with a meat mallet to flatten the meat. Spoon stuffing onto the pork loin, roll the meat over the stuffing, and tie pork loin together in three places using kitchen twine.

Place tied loin into a roasting pan and pour about 3 tablespoons water around the roast. Season roast with salt, black pepper, thyme, herbes de Provence, and garlic powder.

Roast stuffed pork loin until an instant-read meat thermometer inserted into the center of the stuffing reads 160 degrees F (70 degrees C), 2 1/2 to 3 hours. Rest meat for 15 minutes before untying and slicing.

## Nutrition Facts



■ PROTEIN 42.02% ■ FAT 27.34% ■ CARBS 30.64%

## Properties

Glycemic Index:23.33, Glycemic Load:22.95, Inflammation Score:-8, Nutrition Score:35.499130445978%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 589.98kcal (29.5%), Fat: 17.58g (27.04%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 39.99g (14.54%), Sugar: 5.78g (6.42%), Cholesterol: 142.88mg (47.63%), Sodium: 589.56mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.79g (121.58%), Selenium: 89.08µg (127.25%), Vitamin B1: 1.39mg (92.45%), Vitamin B6: 1.84mg (92.15%), Vitamin B3: 18.3mg (91.5%), Phosphorus: 638.63mg (63.86%), Manganese: 1.19mg (59.55%), Vitamin B2: 0.69mg (40.37%), Zinc: 5.13mg (34.2%), Iron: 5.74mg (31.87%), Potassium: 1044.82mg (29.85%), Vitamin B5: 2.55mg (25.5%), Magnesium: 100.52mg (25.13%), Vitamin K: 24.63µg (23.45%), Folate: 84.75µg (21.19%), Vitamin B12: 1.16µg (19.41%), Fiber: 4.34g (17.34%), Copper: 0.3mg (14.97%), Calcium: 149.65mg (14.96%), Vitamin D: 0.92µg (6.13%), Vitamin A: 273.21IU (5.46%), Vitamin E: 0.73mg (4.88%), Vitamin C: 1.86mg (2.26%)