



Stuffed Pork Loin Chop with Swiss Chard, Bacon, Sage and Chianti Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



298 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 clove garlic smashed
- ☐ 3 tablespoon olive oil
- ☐ 2 tablespoon parsley italian chopped
- ☐ 3 tablespoon pinenuts
- ☐ 1.5 cup red wine fruity (such as a chianti)
- ☐ 1 leaves additional sage left whole
- ☐ 4 servings salt and pepper to taste

- ☐ 2 pound swiss chard
- ☐ 2 sprigs thyme leaves
- ☐ 1 tablespoon vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ toothpicks
- ☐ colander
- ☐ cutting board

Directions

- ☐ The Stuffing
- ☐ Heat the olive oil in a large skillet set over medium-high heat.
- ☐ Add the smashed garlic cloves to the hot oil and swirl them around the pan. After a moment, remove the garlic cloves and discard.
- ☐ Add the Swiss chard, and a little salt and pepper. Cook stirring and tossing continuously until it is barely wilted, about 4 minutes.
- ☐ Put the chard into a colander to drain. When slightly cool use a paper towel to press out as much moisture as possible. Chop the chard and add it to a mixing bowl. Using the same skillet, wipe the bottom and sides with a paper towel and set it over medium heat. Once the pan has reheated
- ☐ Add the cut bacon strips to the pan, stirring occasionally. Once it begins to brown, but is not yet crisp remove it to a paper towel lined plate to drain. Reserving the bacon fat in the skillet

still set over medium heat.

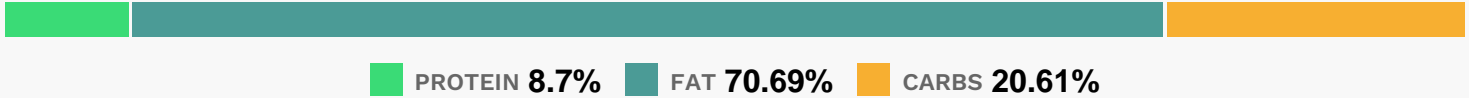
- ☐ Add the bread cubes and pine nuts to the skillet and cook giving the pan all of your attention until everything is toasted and golden brown. Then add the bread, pine nuts and cooled, cooked bacon to the same bowl as the Swiss chard.
- ☐ Add the diced sun dried tomatoes, sage chiffonade, and a pinch of pepper (salt is probably not necessary, but check). Set the stuffing aside.**Chianti Sauce**
- ☐ Add the red wine, one whole sage leaf, one sprig of thyme, and chopped parsley to a small saucepan. Bring the mixture to a boil then lower the heat and cook until reduced to a syrupy consistency. Strain the herbs out and set the sauce aside.**Potatoes**
- ☐ Put the red potatoes, shallot halves, the remaining sprig of thyme, the sprig of rosemary and a good amount of salt into a large pot.
- ☐ Add enough cool water to cover the ingredients by 2 inches. Bring the pot to a boil and cook about 10 minutes. The potatoes should be cooked through, but still quite firm.
- ☐ Drain the potatoes and then immerse them in cool water. Set aside in the cool water while you prepare the pork.**Pork**
- ☐ Preheat the oven to 400 degrees F. Working with one pork chop at a time, lay one on it's side in front of you and insert the tip of your knife into the center cutting a pocket into the chop. Making sure to leave 3 sides intact. Season the insides with salt and pepper and fill its cavity with about ¼ of the chard stuffing. Press the meat closed around the mixture, pressing to evenly distribute the stuffing.
- ☐ Lay the chop flat again and top with four or 5 whole sage leaves. Wrap the pork with 2 strips of raw bacon, covering the sage leaves and winding the bacon around the chop slightly overlapping. Make sure you enclose the stuffing completely. Use toothpicks to secure the ends of the bacon slices. Continue until both chops are stuffed and wrapped.**Find a pan with shallow sides (such as a cast iron skillet) that is ovenproof and large enough to hold both of the chops and all the potatoes. Use this skillet to warm the vegetable oil on a burner set to medium.**
- ☐ Lay the chops in the pan in a single layer; cook 6–8 minutes, turning the as needed to assure even browning of the bacon.
- ☐ Add the potatoes to the pan surrounding the chops. It's ok if the potatoes cover the chops somewhat. Move the pan to the preheated oven and cook another 5–7 minutes, until the pork has reached an interior temperature of 140 degrees F for medium rare. Move the chops to a cutting board and let them rest about 8 minutes. In the meantime put the potatoes on a warm serving platter. Once the pork has rested, slice each chop on a diagonal, across the grain into ½-inch thick slices. Top the potatoes with the sliced pork and drizzle

about ½ of the Chianti sauce over the chops and toss the chopped sage across the platter.

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Serve warm with the remaining sauce passed at the table.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:29.487391285274%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 9.83mg, Catechin: 9.83mg, Catechin: 9.83mg, Catechin: 9.83mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 13.27mg, Kaempferol: 13.27mg, Kaempferol: 13.27mg, Kaempferol: 13.27mg Myricetin: 7.74mg, Myricetin: 7.74mg, Myricetin: 7.74mg, Myricetin: 7.74mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 19.52g (30.03%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 8.72g (3.17%), Sugar: 3.36g (3.74%), Cholesterol: 0mg (0%), Sodium: 682.37mg (29.67%), Alcohol: 9.54g (100%), Alcohol %: 3.52% (100%), Protein: 5.4g (10.81%), Vitamin K: 1932.22µg (1840.21%), Vitamin A: 14067.27IU (281.35%), Vitamin C: 72.26mg (87.59%), Manganese: 1.66mg (83%), Magnesium: 215.71mg (53.93%), Vitamin E: 6.79mg (45.29%), Potassium: 1041.97mg (29.77%), Iron: 5.22mg (29.02%), Copper: 0.56mg (27.91%), Phosphorus: 173.29mg (17.33%), Fiber: 4.09g (16.36%), Vitamin B6: 0.31mg (15.72%), Vitamin B2: 0.26mg (15.05%), Calcium: 133.21mg (13.32%), Zinc: 1.48mg (9.89%), Folate: 38.53µg (9.63%), Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.49mg (7.45%), Vitamin B5: 0.46mg (4.64%), Selenium: 2.6µg (3.71%)