



Stuffed Pork Loin with Caramelized Onion-Cranberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 ounce cheese blue crumbled
- ☐ 2 pound pork loin boneless trimmed
- ☐ 0.8 cup bosc pear diced (1 large)
- ☐ 1 cup cranberries fresh thawed
- ☐ 0.5 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)

- ☐ 2 tablespoons cranberries dried chopped
- ☐ 0.3 cup kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion minced
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 1 cup water

Equipment

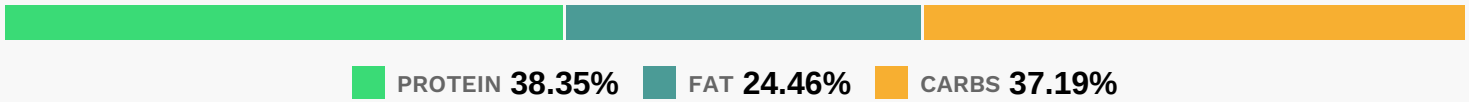
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ meat tenderizer
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Cut horizontally through center of roast, cutting to, but not through, other side using a sharp knife; open flat as you would a book.
- ☐ Place roast between 2 sheets of plastic wrap; pound to a 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Combine 2 cups juice and next 3 ingredients (through 2 tablespoons sugar) in large bowl; stir until sugar and salt dissolve.
- ☐ Pour juice mixture into a large zip-top plastic bag.

- ☐ Add roast to bag; seal. Marinate in refrigerator 4 hours, turning occasionally.
- ☐ Remove roast from bag, and pat dry; discard marinade.
- ☐ Preheat oven to 35
- ☐ Combine pear, cheese, and dried cranberries; sprinkle cheese mixture over roast, leaving a 1/2-inch margin around outside edges.
- ☐ Roll up roast, jelly-roll fashion, starting with long side. Secure at 2-inch intervals with twine.
- ☐ Sprinkle with 1/8 teaspoon salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add roast; cook for 5 minutes, turning to brown on all sides.
- ☐ Place roast on a broiler pan coated with cooking spray.
- ☐ Bake at 350 for 40 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Let stand for 15 minutes before slicing; cut into 1/4-inch-thick slices.
- ☐ While roast bakes, add onion to skillet; saut 8 minutes or until onion is browned, stirring frequently.
- ☐ Add fresh cranberries, 1/2 cup juice, and 3 tablespoons sugar to pan, scraping pan to loosen browned bits. Reduce heat; simmer 5 minutes or until cranberries pop and sauce thickens.
- ☐ Serve sauce with roast.

Nutrition Facts



Properties

Glycemic Index:69.99, Glycemic Load:16.23, Inflammation Score:-4, Nutrition Score:19.273043414821%

Flavonoids

Cyanidin: 8.18mg, Cyanidin: 8.18mg, Cyanidin: 8.18mg, Cyanidin: 8.18mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 369.19kcal (18.46%), Fat: 10.13g (15.58%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 32.59g (11.85%), Sugar: 30.19g (33.55%), Cholesterol: 98.8mg (32.93%), Sodium: 4898.51mg (212.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.46%), Vitamin B6: 1.25mg (62.68%), Selenium: 42.95µg (61.35%), Vitamin B1: 0.7mg (46.54%), Vitamin B3: 8.94mg (44.69%), Phosphorus: 384.63mg (38.46%), Potassium: 738.57mg (21.1%), Zinc: 3.06mg (20.37%), Vitamin B2: 0.34mg (19.94%), Vitamin C: 14.99mg (18.16%), Vitamin E: 2.16mg (14.43%), Vitamin B12: 0.83µg (13.81%), Magnesium: 52.59mg (13.15%), Vitamin B5: 1.31mg (13.11%), Copper: 0.2mg (9.91%), Vitamin K: 9.17µg (8.73%), Fiber: 2.06g (8.23%), Manganese: 0.15mg (7.32%), Iron: 1.31mg (7.26%), Calcium: 55.11mg (5.51%), Vitamin D: 0.63µg (4.19%), Folate: 9.4µg (2.35%), Vitamin A: 99.28IU (1.99%)