



WHATSheATE



Stuffed Pork Roast with Herb Seasoned Artichoke and Mushroom Stuffing

READY IN



90 min.

SERVINGS



12

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounces artichoke hearts drained chopped canned
- ☐ 0.5 cup butter (1 stick)
- ☐ 24 ounces mushrooms drained canned
- ☐ 3 cups chicken broth organic swanson® natural goodness® (Regular, or Certified)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 12 servings garlic powder
- ☐ 0.8 cup spring onion chopped

- ☐ 1 teaspoon pepper black
- ☐ 2 tablespoons olive oil
- ☐ 5 pounds pork loin boneless
- ☐ 14 ounces pepperidge farm sage and onion stuffing stuffing pepperidge farm®

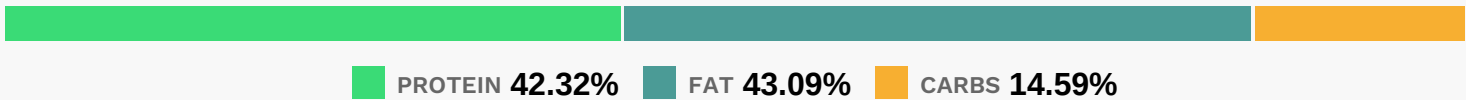
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Heat the oven to 400°F.
- ☐ Heat the butter and oil in a 12-inch skillet over medium heat.
- ☐ Add the green onions and garlic and cook until the onions are tender. Stir in the broth, artichokes, mushrooms, parsley and black pepper and heat to a boil.
- ☐ Remove the skillet from the heat.
- ☐ Add the stuffing and mix lightly.
- ☐ Spoon 3 cups stuffing mixture down the center of the pork. Fold the sides over the filling to form a roll. Tie the pork crosswise at 2-inch intervals with kitchen twine.
- ☐ Season the pork with additional black pepper and the garlic powder.
- ☐ Place the pork into a large roasting pan.
- ☐ Bake for 45 minutes or until the pork is cooked through.
- ☐ Let the pork stand for 10 minutes.
- ☐ Remove the twine before slicing.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:26.305217411207%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 443.01kcal (22.15%), Fat: 20.86g (32.09%), Saturated Fat: 8.16g (50.99%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 12.03g (4.38%), Sugar: 3.02g (3.36%), Cholesterol: 140.58mg (46.86%), Sodium: 1018.39mg (44.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.09g (92.18%), Selenium: 72.34µg (103.34%), Vitamin B6: 1.54mg (76.89%), Vitamin B1: 0.96mg (64.12%), Vitamin B3: 12.45mg (62.27%), Phosphorus: 497.58mg (49.76%), Vitamin K: 30.76µg (29.3%), Zinc: 4.08mg (27.22%), Vitamin B2: 0.45mg (26.44%), Potassium: 878.96mg (25.11%), Vitamin B5: 1.95mg (19.46%), Magnesium: 66.73mg (16.68%), Vitamin B12: 1µg (16.58%), Fiber: 3.85g (15.4%), Copper: 0.3mg (15.09%), Iron: 2.22mg (12.31%), Manganese: 0.22mg (10.89%), Vitamin A: 460.51IU (9.21%), Vitamin E: 1.36mg (9.03%), Folate: 26.46µg (6.61%), Vitamin D: 0.87µg (5.8%), Calcium: 40.65mg (4.06%), Vitamin C: 2.31mg (2.79%)