



Stuffed Pork Roast with Herb Seasoned Artichoke and Mushroom Stuffing

READY IN



90 min.

SERVINGS



12

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce artichoke hearts drained chopped canned
- 0.5 cup butter cut into pieces
- 27.5 ounce mushrooms drained sliced canned
- 3 cups chicken broth organic swanson® (regular, Natural or Certified)
- 2 tablespoons parsley fresh chopped
- 1 tablespoon garlic minced
- 12 servings garlic powder
- 6 medium spring onion chopped

- 1 teaspoon pepper black
- 12 servings pepper black
- 2 tablespoons olive oil
- 5 pound pork loin boneless cut
- 16 ounce pepperidge farm sage and onion stuffing stuffing pepperidge farm®

Equipment

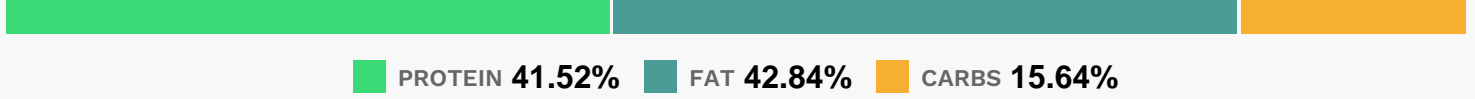
- bowl
- frying pan
- oven
- roasting pan
- kitchen twine

Directions

- Heat oil in large skillet.
- Add green onions and garlic and cook until tender.
- Add artichokes, mushrooms, parsley, butter and black pepper. Cook and stir until butter is melted.
- Add broth.
- Heat through.
- Place stuffing in large bowl.
- Add broth mixture.
- Mix lightly.
- Preheat oven to 400 degrees F.
- Sprinkle pork with black pepper. 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. (The remaining stuffing can be baked in a covered casserole during the last 15 minutes of roasting.)
- Sprinkle additional black pepper and garlic powder over pork.
- Place pork in roasting pan and bake for 45 minutes or until cooked through but slightly pink*.

- Let pork stand 10 minutes.
- Remove twine before slicing.
- Serves 12 to 1

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:27.051739319511%

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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 454.09kcal (22.7%), Fat: 21.29g (32.76%), Saturated Fat: 8.25g (51.53%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 13.24g (4.82%), Sugar: 3.35g (3.72%), Cholesterol: 140.58mg (46.86%), Sodium: 1076.39mg (46.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.43g (92.86%), Selenium: 75.04µg (107.2%), Vitamin B6: 1.55mg (77.29%), Vitamin B1: 0.98mg (65.07%), Vitamin B3: 12.66mg (63.31%), Phosphorus: 505.64mg (50.56%), Vitamin K: 34.16µg (32.54%), Zinc: 4.16mg (27.75%), Vitamin B2: 0.46mg (26.91%), Potassium: 897.9mg (25.65%), Vitamin B5: 2.02mg (20.2%), Magnesium: 68.96mg (17.24%), Fiber: 4.24g (16.97%), Vitamin B12: 1µg (16.59%), Copper: 0.33mg (16.35%), Iron: 2.36mg (13.12%), Manganese: 0.25mg (12.38%), Vitamin A: 488.3IU (9.77%), Vitamin E: 1.43mg (9.53%), Folate: 30.11µg (7.53%), Vitamin D: 0.89µg (5.91%), Calcium: 44.41mg (4.44%), Vitamin C: 2.54mg (3.08%)