



# Sweet Bacon Wrapped Pork Loin

 **Gluten Free**  **Dairy Free**

READY IN



**65 min.**

SERVINGS



**1**

CALORIES



**2910 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 slices bacon
- 2 tablespoons balsamic vinegar
- 3 pound pork loin boneless
- 2 tablespoons wine dry red
- 1 tablespoon rosemary leaves fresh chopped
- 2 tablespoons golden raisins
- 2 tablespoons honey
- 1 serving salt and pepper to taste

1 onion sweet minced

## Equipment

bowl

oven

toothpicks

roasting pan

aluminum foil

## Directions

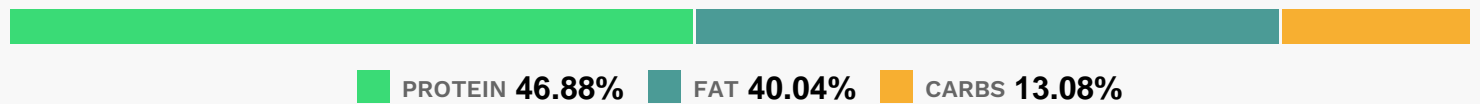
Preheat oven to 375 degrees F (190 degrees C). Line a shallow roasting pan with aluminum foil.

Season pork loin with salt and pepper. Wrap the bacon slices around the pork loin and secure with toothpicks. Preheat a large skillet over medium-high heat, then add the pork loin. Cook until golden brown on all sides, about 10 minutes, then place onto roasting pan. Stir together honey, balsamic vinegar, red wine, onion, and rosemary in a small bowl; spread over pork loin.

Roast the pork loin in preheated oven for 15 minutes, then sprinkle with raisins. Continue cooking until the internal temperature of the pork loin reaches 145 degrees F (63 degrees C), about 15 minutes more.

Remove from the oven, and allow to rest for 5 minutes before removing toothpicks and slicing.

## Nutrition Facts



## Properties

Glycemic Index:158.94, Glycemic Load:33.61, Inflammation Score:-10, Nutrition Score:60.116521679837%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg, Kaempferol: 4.59mg Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg, Myricetin: 3.86mg Quercetin: 48.96mg, Quercetin: 48.96mg, Quercetin: 48.96mg, Quercetin: 48.96mg

## Nutrients (% of daily need)

Calories: 2910.03kcal (145.5%), Fat: 125.62g (193.26%), Saturated Fat: 40.49g (253.03%), Carbohydrates: 92.35g (30.78%), Net Carbohydrates: 87.81g (31.93%), Sugar: 73.64g (81.82%), Cholesterol: 973.45mg (324.48%), Sodium: 2065.33mg (89.8%), Alcohol: 3.15g (100%), Alcohol %: 0.2% (100%), Protein: 330.92g (661.85%), Selenium: 414.51µg (592.16%), Vitamin B6: 11.29mg (564.3%), Vitamin B1: 6.65mg (443.52%), Vitamin B3: 86.11mg (430.54%), Phosphorus: 3448.14mg (344.81%), Zinc: 27.23mg (181.56%), Potassium: 6126.56mg (175.04%), Vitamin B2: 2.83mg (166.45%), Vitamin B12: 7.82µg (130.33%), Vitamin B5: 11.53mg (115.26%), Magnesium: 421.72mg (105.43%), Copper: 1.19mg (59.35%), Iron: 10.01mg (55.6%), Vitamin D: 6.15µg (40.98%), Manganese: 0.55mg (27.69%), Vitamin C: 17.49mg (21.2%), Folate: 80.05µg (20.01%), Fiber: 4.55g (18.18%), Calcium: 176.56mg (17.66%), Vitamin E: 2.63mg (17.52%), Vitamin A: 126.91IU (2.54%), Vitamin K: 2.04µg (1.95%)