



Wild Mushroom-Stuffed Pork Roast

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 oz the following: parmesan rind) dried
- 3 lb pork loin boneless
- 1 tablespoon butter
- 0.5 cup onion finely chopped
- 8 oz portabello mushrooms fresh finely chopped
- 0.5 cup pepperidge farm sage and onion stuffing stuffing (do not use stuffing cubes)
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt

- 0.3 teaspoon pepper
- 1 leaves sage fresh

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 375°F. In small bowl, place dried porcini mushrooms. Cover mushrooms with hot water; let stand 10 minutes.
- Meanwhile, cut pork roast horizontally to 1/2 inch from one long side without cutting all the way through (pork will open like a book); set aside. In 10-inch skillet, melt butter over medium-high heat.
- Add onion; cook and stir about 1 minute or until tender.
- Drain porcini mushrooms well; chop.
- Add porcini and portabella mushrooms to butter in skillet; cook about 4 minutes, stirring occasionally, until mushrooms are tender. Stir in stuffing crumbs.
- Spoon mushroom mixture into opening in pork; close pork over stuffing and secure with string.
- Place stuffed pork in shallow roasting pan.
- Brush with oil; sprinkle with salt and pepper. Insert ovenproof meat thermometer so tip is in center of thickest part of pork.
- Roast uncovered 45 to 55 minutes or until thermometer reads 150°F.
- Remove pork from pan; cover with foil and let stand 10 minutes until thermometer reads 160°F.
- Remove strings from pork before carving.

Garnish with sage.

Nutrition Facts

PROTEIN 51.96% **FAT 38.23%** **CARBS 9.81%**

Properties

Glycemic Index:7.38, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:21.725652290427%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 310.18kcal (15.51%), Fat: 12.94g (19.9%), Saturated Fat: 3.18g (19.88%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 6.15g (2.24%), Sugar: 1.48g (1.64%), Cholesterol: 107.16mg (35.72%), Sodium: 308.49mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.11%), Selenium: 60.3µg (86.15%), Vitamin B6: 1.38mg (68.89%), Vitamin B3: 11.74mg (58.71%), Vitamin B1: 0.8mg (53.52%), Phosphorus: 432.41mg (43.24%), Vitamin B2: 0.42mg (24.52%), Vitamin B5: 2.39mg (23.91%), Zinc: 3.54mg (23.58%), Potassium: 819.18mg (23.41%), Copper: 0.39mg (19.6%), Vitamin B12: 0.88µg (14.74%), Magnesium: 51.57mg (12.89%), Vitamin K: 8.11µg (7.72%), Iron: 1.23mg (6.85%), Vitamin D: 0.9µg (6.02%), Manganese: 0.12mg (5.8%), Fiber: 1.32g (5.3%), Folate: 20.52µg (5.13%), Vitamin E: 0.74mg (4.91%), Vitamin A: 102.26IU (2.05%), Calcium: 16.97mg (1.7%), Vitamin C: 0.87mg (1.05%)